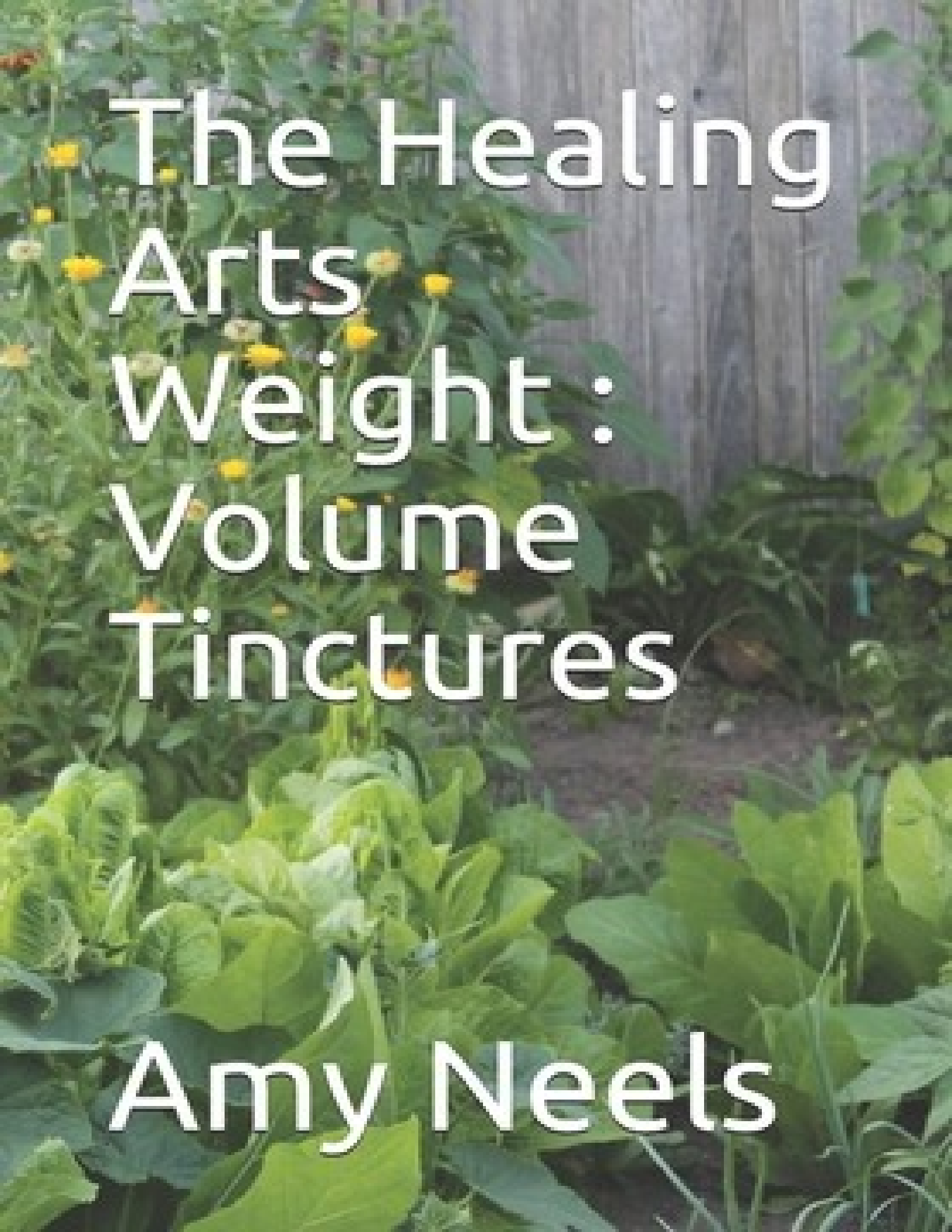
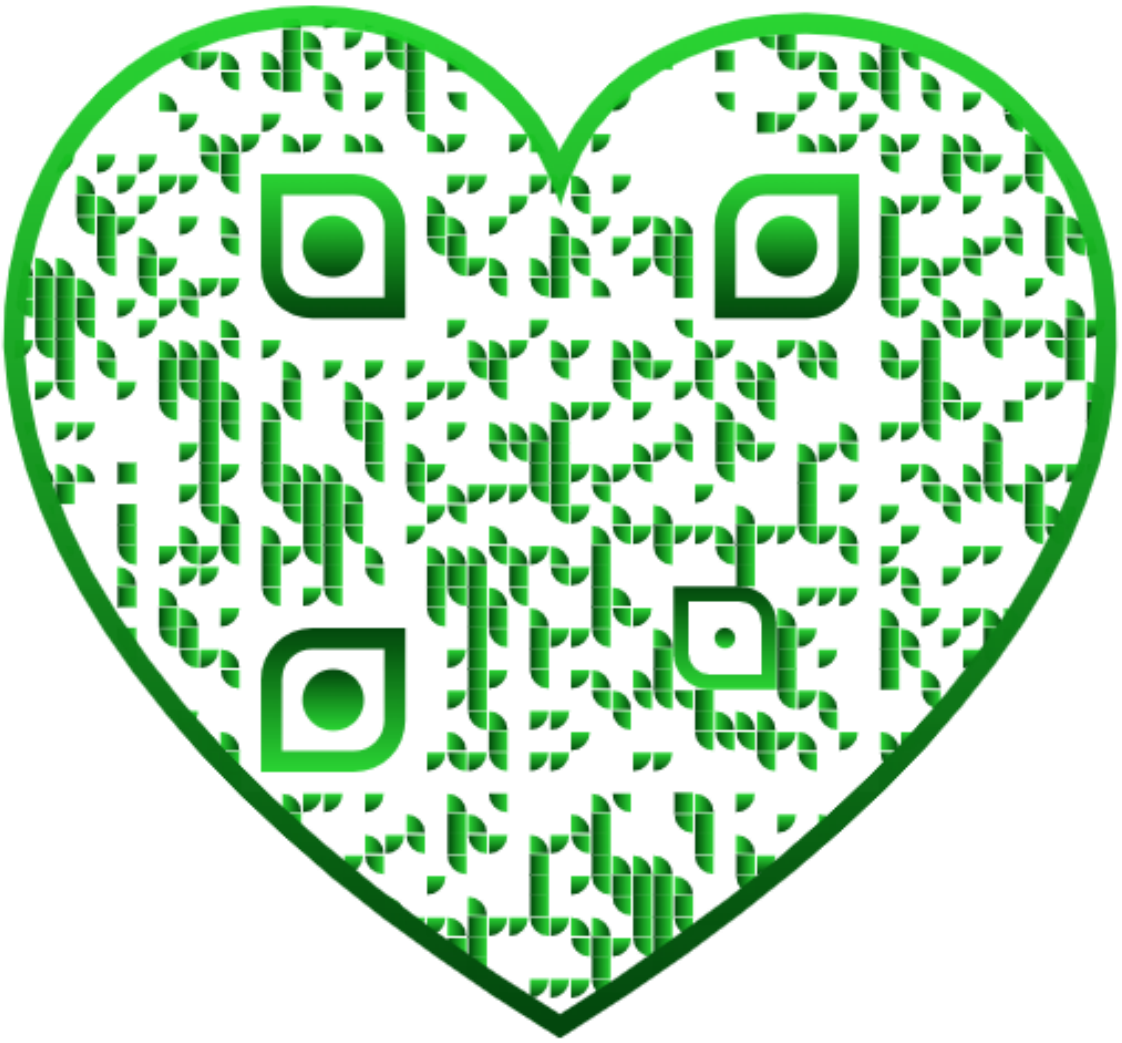

The Healing Arts Weight : Volume Tinctures
Amy Neels



The Healing Arts

Weight : Volume

Tinctures

Amy Neels

West Coast Wild Apothecary

Introduction

Next to water, alcohol is the most common menstruum ingredient used to make plant medicines. It is stable, an excellent preservative, and a reliable solvent. Alcohol tinctures tend to have consistent potency when prepared using weight to volume methodology, lending themselves to accurate dosing. They also have a shelf life that dramatically exceeds that of most other types of herbal preparation.

This course explores alcohol/water, or aqueous-alcoholic herbal preparation: The alcohol based tinctures that are readily available at natural food and herb shops around the world. They are an ancient form of preparation, with documented use dating back to Ancient Egypt. We wish to empower you with the

information required to take plants from your garden and surrounding environment and make them into medicines to effectively manage a wide range of symptoms, acute illnesses and injuries, and chronic health conditions. The art and science of herbalism come together in the creation of these potent medicines.

Our goal is to share and preserve essential components of traditional mind-body-spirit healing that has been held sacred throughout human history. We wish you joy and light in the process and much love as you join the medicine people who were and who are.

4

Safety

Safety is an essential and primary consideration when making or administering any form of medicine. Tinctures are potent medicines and should always be treated as such. They, like any medicine, can cause harm if used incorrectly. It is important to always check with a healthcare

professional before using any new medication. This is particularly important if:

- You have a pre-existing health condition

- You are taking any other prescription or non-prescription medications

- You have an allergy or allergies

- You are pregnant, an elder, an infant or young child Warnings and contraindications can be found using online resources and printed medicinal plant guides, but never assume that an herb or herbal medicine is safe to use because there is no information available. In fact, assume the opposite and check with a healthcare professional.

Be extremely vigilant to never exceed dosage maximums. Overdose is possible and can cause severe side effects including death.

If you intend to use wildcrafted/wild harvested herbs, it is imperative that you have a positive identification prior to use. Look-alikes can be deadly! Plant identification keys, or botanical keys, are a wonderful resource but I have found that the very best way to become acquainted with a specific plant species is to grow it for a season or two before wild harvesting it.

Nurturing a medicine plant through its transformation from tiny seed to majestic mature specimen is an unforgettable experience. You will know its scent, what it feels like to touch, what it tastes like. After growing it in your home or garden you will be able to identify that plant at all stages of its development when you come across it in nature.

Always follow safe harvesting and preservation methods. Incorrect tincture ratios and storage methods can cause premature spoilage of alcohol tinctures, making them unsafe to use.

Additionally, some plants cannot be used safely unless they are properly cured. In the case of certain roots, this can take as long as a few years.

If you notice mold growth on any of your dried herbs or at any stage of the tincturing process, discard the batch and start over. Pathogens can cause

poisoning and allergic reaction and cannot be ignored or “scooped off.” There will always be some of the mold spores that remain behind and can cause immediate or premature spoilage of your medicine. When in doubt, always err on the side of caution and discard.

5

Ethics

The practice of herbalism demands a high ethical standard: One that is respectful of self, of the natural world, of individuals, of the members of patient selected care teams, and of the laws and standards that regulate healthcare.

It is unethical to diagnose a symptom or condition. Individuals must always be referred to a healthcare professional licensed to diagnose and with access to appropriate diagnostic tools and tests. Never attempt to treat an undiagnosed/unconfirmed condition.

Ethical conduct includes understanding the limitations of herbal practice. Never attempt to treat intense or rapidly progressing symptoms. Individuals must be referred to a healthcare professional or emergency room for immediate assessment in these cases.

Ethical practice is inclusive of and respectful toward all individuals and to the members of the patient selected healthcare team. As such, it is unethical to discontinue or alter any prescription medication or to attempt to override an individual’s health decisions.

Ethical practice remains up to date on the laws and standards of their geographical location and observes them at all times.

Respect for the natural world includes the ethical propagation, collection or purchase of herbs for medicine making. The most ethical means of acquiring medicinal plants is to grow them yourself or to purchase them from local growers. Many herbs are very easy to grow, and once established can provide years of harvest with minimal maintenance. Indigenous and naturalized plants are best suited to any particular climate.

Wild harvesting should only be undertaken for personal use and with an understanding of local biology. Indigenous plant communities are declining in many areas due to overharvesting, environmental contamination, global warming, loss of habitat, herbicide use, and the introduction of invasive non-native plants and insects. When harvesting wild plants, never take more than 5% of any one species growing in an area, and attempt to scatter seeds and replant root crowns as you harvest to help ensure the continued health of the local ecosystem.

Check which wild plants are endangered or threatened in your area before you begin harvesting and leave any specimens you find to help ensure their continued survival. Other practical ways to help ensure the survival of indigenous plant communities is to remove invasive non-native species where possible and to avoid all use of herbicides and other chemicals that damage the ecosystem.

6

Herb Quality and Medicinal Potency The single most important factor in creating medicinally potent tinctures is starting with medicinally potent herb material. Nothing in the tincturing process can compensate for low quality herbs. You will be extracting the medicinal components of your herbs into the menstruum and must ensure that there are maximal medicinal constituents in your plants to begin with. There are many factors that affect the medicinal potency of herbs including growing environment, growing and harvesting methods, how the herb was dried, processed, and stored, and the age of the herb material.

Pure natural environments produce the most robust and healthy plants. Toxins in the soil, water, and air the plant is grown in can all be taken into the plant and may be present in the herb material after it is dried and stored. Organic soil and pure water that is free of contaminants are necessary for plant health. While we may have little control over the air quality, never grow or harvest herbs alongside a roadway or in areas with high levels of air pollution such as industrial areas. If you are not growing or wild harvesting your herbs, do some research on the companies you plan to buy from before purchasing. If you intend to purchase from a local grower, visit their farm. Ask if they are certified organic, how they care for/fertilize their soil, where

their irrigation water comes from, and how they ensure that their herbs are as healthy as possible. Toxins in herbs can be concentrated in extracted herbal medicines, including tinctures. It is imperative that medicines are made with the purest plants available to avoid contaminants in your finished products.

Plants that are indigenous or naturalized to a particular geographical area tend to grow into the healthiest specimens. Just because it is possible to grow certain plants in your garden does not mean that they will grow optimally. I have successfully grown plants that are not indigenous or naturalized to my area only to find that they were weak little adults compared to members of the same species grown in their natural environment. Aloe vera and white sage are good examples for me. They grow well in pots in my house and do relatively well but when I saw them growing in their natural environment, far south of my home, I realized that my little aloe and sage plants would never compare. They would never attain the size or vitality of those grown outdoors in the ground in their natural home. If you wish to use plants that do not thrive in your area, you may find that purchasing them provides herb material with much higher medicinal potency than what you could grow yourself.

Each herb will have its own harvesting recommendations to help ensure maximum potency of the plant when dried. Generally speaking, leaves should be harvested before flowers begin forming, or when they are just budding as flower development takes much of the plant energy away from the leaves. Flowers should be harvested as soon as they are mature, just after the blooms open. Leaves and flowers should be collected early in the day as soon as the dew dries off of them to avoid loss of vital essential oils to the heat of the day. Roots should be gathered in autumn, dirt removed as gently as possible, and cut into smaller pieces to dry. If possible, 7

brush off dried dirt rather than washing the roots. It is beneficial to harvest above-ground/aerial plant parts just before the full moon and roots just before the new moon. The maximum amount of energy and medicinal properties are concentrated in them at these times.

Moon cycle planting and harvesting help plants achieve their optimal health and vitality and are worth researching in depth if you maintain your own medicine gardens.

Always dry your herbs out of direct sunlight in an area with good airflow. I like to lay my herbs out on screens or hang them to dry in a dark room at room temperature and use fans to help circulate the air. Heat and light during the drying process will damage the plant material, reducing its medicinal benefit, while lack of airflow can lead to issues with mold. Herbs are fully dried when the leaves or flowers crumble easily and when roots snap easily. Plant material that is stored before it is completely dry is susceptible to post-

storage mold. If you find any mold on your dry plant material, discard all of the herb stored in the container in which you discovered the mold.

Always store your dried herbs in dark glass jars or inside paper bags placed in clear glass containers. Once fully dry, exposure to moisture, light, heat, and air will all degrade your herbs more quickly. Dried leaves and flowers maintain their medicinal benefits for 6 months to one year under optimal storage conditions, while roots and berries can remain medicinally potent for two to three years. After this time they will lose their healing benefits quite quickly and should not be used to make medicines. Mark the date of storage on all of your herbs as you put them away and discard after the recommended time. If you are purchasing your herbs, always check for the date of harvest. Not all herb shops follow the recommended discard dates and herbs that are past expiry will make medicines that have minimal therapeutic value.

Catnip hanging to dry

8

Equipment

In reality, no specialized equipment is needed to make alcohol tinctures. That being said, a kitchen scale is required when using the weight : volume

tincturing method and some type of tincture press will ensure that less of the tincture is discarded at the end of the process.

I use the following items to make tinctures:

- Kitchen scale

- Lightweight container (to weigh herbs in)

- Mason jar with lid

- Measuring cups/spoons

- Cheesecloth

- Coffee filters

- Tincture press or potato ricer

- Sieve/strainer

- Bowl or glass measuring cup (to set sieve over)

- Dark glass bottles with glass droppers

For the tincture itself:

- Alcohol (I prefer vodka and clear grain alcohol such as Everclear)

- Herb(s) of choice

* Basic tincturing supplies *

Formulas

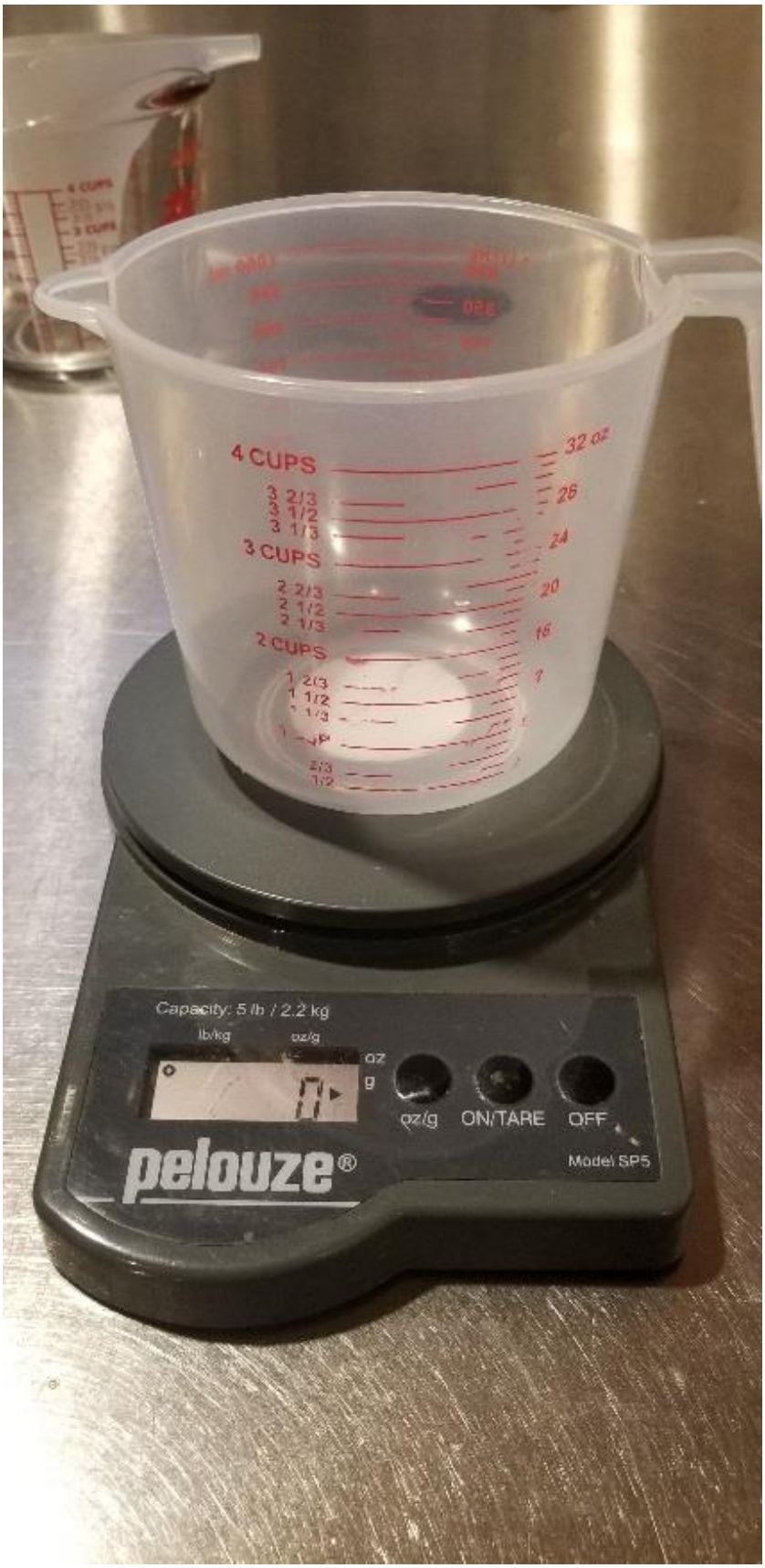
Alcohol tinctures can be made using the folk method, where the plant material is placed in a jar and covered with alcohol until it is completely submerged then allowed to macerate for a set period of time. While this method does, indeed, produce alcohol tincture as an end product, it does not lend itself to accurate dosing of the finished product as the potency of folk method tinctures varies widely. Weight to volume tincture method is far more consistent as a set weight of herb requires a set amount of menstruum, producing a predictable end product potency.

Weight : volume refers to the weight of the herb you will be using (in grams) and the amount of menstruum you will need (in milliliters).

The following image is of a weight to volume measured leaf tincture beside a weight to volume bark tincture. Both jars contain 50 grams of herb and 200ml of alcohol. (1:4 ratio) The alcohol fills both jars about half way, even though the leaf material fills the jar completely and the bark only fills the jar about 1/3 full. (It is floating on the menstruum somewhat so looks more like a ½

jar in this image) If both herbs were tinctured using the folk method the jar of leaf would use double the amount of alcohol, resulting in a far less medicinally potent finished tincture.

Conversely, the bark would require less than the 200ml of alcohol used, resulting in a finished tincture with too high of a medicinal potency. The leaf tincture would require double the recommended dosage to achieve its desired therapeutic result, while the bark tincture would have to be dosed at less than the recommended dosage to avoid overdose. This short explanation illustrates the logic of using the weight to volume tincturing method above the folk method in order to create products of consistent potency that can be accurately dosed.


4 CUPS
3 2/3
3 1/2
3 1/3
3 CUPS
2 2/3
2 1/2
2 1/3
2 CUPS
32 oz
28
24
20
16
Capacity: 5 lb / 2.2 kg
lb/kg
oz/g
oz
g
oz/g
ON/TARE
OFF
pelouze®
Model SP5

In order to determine the correct weight : volume amounts of herb material and menstruum, follow these steps:

Step 1: Set a container on your scale to pour your herb material into then weigh out the plant material you wish to tincture (in grams)

**Make sure that your scale is zeroed before weighing the plant material. This means setting your scale to zero once you have set your container on it so that you are weighing only the plant material, not the container.

(See image to the right)

Step 2: Check the ratio tincture chart to determine what ratio the herb is tinctured at. For example, is it 1:4, 1:10, etc.

Step 3: Multiply the weight of the herb by the second number of the ratio to determine how many ml of menstruum you will need.

For example:

50grams of herb at a 1:4 ratio would require 50 X 4, or 200ml of menstruum.

100grams of herb at a 1:3 ratio would require 100 X 3, or 300ml of menstruum.

Step 4: Once you have determined the weight of the herb material : the volume of menstruum, you will need to create a custom menstruum using alcohol and water.

Now, if you happen to be making a tincture that requires 40% alcohol in the menstruum and that’s what you have, great! If, however, you require a lower alcohol concentration than the alcohol that will be using, you can use the following formula to calculate the ratio of the alcohol you have to the water you will use to dilute it.

The formula is as follows:

%of alcohol you need X amount of menstruum you want = Amount of alcohol you need

%of alcohol you have

For example: If you wanted to make a tincture of 100g of elderberries at a 1:4 ratio in a 25%

alcohol menstruum, you would need 400ml of menstruum. If you have 40% alcohol vodka and want to dilute it to create a 25% alcohol menstruum, the calculation would look like this: 25 X 400ml = 10, 000 ÷ 40 = 250ml

This means that will use 250ml of your 40% alcohol and make up the rest of the 400ml of menstruum that you need with 150ml of water.

11

While the calculations may seem difficult at first, they aren't complicated once you get used to them. Just remember: Weigh the herb in grams, calculate the amount of menstruum you need in ml using the ratio (1:2, 1:4, etc), then determine the ratio of alcohol to water using the formula in step 4.

Final Steps:

Pour your finely chopped plant material into a mason jar, add your menstruum, and cover tightly.

Shake or stir your mixture well to ensure that all of the plant material is soaked in menstruum and place in a warm, dark area to macerate. Shake your mixture daily to ensure continued saturation of the herb. Tincture will be ready to press, strain and bottle after 2 weeks.

After two weeks, pour the macerating contents of the jar into an herb press bag or several layers of cheesecloth and either hand press by squeezing as much of the liquid (tincture) out as possible, or use a tincture press or potato ricer to separate the liquid from the herb material. Collect this tincture liquid in a clean jar and allow to sit for 24 hours before decanting the clear liquid tincture through a filter (coffee filters work well). This clear tincture is ready to bottle for final storage.

Note the sediment at the bottom of these tinctures. They have been allowed to settle after pressing and straining through cheesecloth and are ready for the finished tincture to be decanted off the top for final bottling and storage. Pouring these tinctures through a coffee filter will remove the majority of the sediment from the finished product.

12

Labeling and Storage

I recommend keeping your product labeled every step of the process and adding a long-lasting label to your finished product immediately upon bottling it. I have bottled tinctures thinking I would label them later & couldn't remember what they were, rendering them useless. (It's never a good idea to take a medicine unless are absolutely certain what it is & what it does!) Tinctures maintain full medicinal potency for about three years after production. After this time they don't necessarily "go bad" but their medicinal value decreases steadily. Write the Best-Before date on your finished product label; three years from the date the tincture was pressed and bottled.

Always bottle in dark glass, as light will affect the shelf life and potency of finished tinctures.

Store tinctures in a cool, dry, dark place.

Sample finished tinctures, bottled, labeled, and ready for storage.

13

Dosing Tinctures

Dosage will vary according to multiple factors, including age, body weight, and whether the desired therapeutic effect is a long term tonic or treatment of an acute onset symptom or condition.

For acute conditions, small, frequent doses are the most effective means of administration.

Break up the total daily dosage into 6 doses, rather than three, and administer every 3 hours for the first 24-48 hours, until improvement of symptoms is noticed.

Although standard adult dosages are provided in the ratio and dosing table, this standard dosage assumes a 150 pound adult with average metabolism and in relatively good health.

Dosage should be reduced for adults who are smaller and increased for adults who are larger.

As body weight and size tends to correlate with metabolic rate, small and thin adults may wish to divide their daily tincture intake into 4 doses, rather than 3. Adults who are medically fragile or have pre-existing health conditions should start with half the standard dosage, building up to 75%-100% of the standard dosage if the herb or herbal medicine is well tolerated. They must also be monitored by their primary care practitioner when taking any new medicine, whether pharmaceutical or natural, to help ensure safety.

Children's doses are calculated by their body weight. The standard dosage in the dosing table assumes a 150 pound adult. To calculate the child's dosage, divide the standard adult weight of 150 lbs by the weight of the child, then divide the adult dosage (in ml or drops) by the result.

Eg: For a 20 pound child, the calculation would be (150 ÷ 20 = 7.5) This means an adult dosage of 30ml per day would be divided by 7.5 = 4 ml per day for a 20 pound child. If the child is being dosed 4 times per day, give 1ml each dose.

Eg. For a 30 pound child, the calculation would be (150 ÷ 30 = 5) This means an adult dosage of 30ml per day would be divided by 5 = 6ml per day for a 30 pound child. If the child is being dosed 4 times per day, give 1.5ml each dose.

It is important to note that children uptake and excrete remedies very quickly, while elders will uptake and excrete remedies much more slowly, but both age groups tend to have higher sensitivity to herbal therapies than the average adult. To work with these biological factors, children's dosages can be divided into more frequent, smaller amounts of a remedy. (Usually 4-5X/day rather than the recommended 3X/day for adults, but may be even more for babies and younger children) For very young infants, breastfeeding mothers may take the remedies, excreting them through their breastmilk, rather than dosing the infant directly. Elders can take their remedies twice daily, instead of the recommended three times, and their dosage can be reduced by 30% of the standard adult dose, or up to 50% of the standard adult dose if they are fragile or underweight. NEVER USE LOW DOSE (POTENT) BOTANICALS TO TREAT BABIES, YOUNG CHILDREN, OR ELDERS.

Please note that herbal remedies should always be taken several hours away from prescription medications.

Tinctures are absorbed through the stomach lining, quickly entering the blood stream. This means that they should be dosed at regular intervals to ensure that their effects are sustained throughout the day. It is also important to ensure that the final dose of tincture taken each day is taken right before bed as the body does much of its healing and repair during the night.

Taking the final daily dose of tincture just before bed maximizes its effects.

When dosing children or those sensitive to alcohol, it is possible to remove the alcohol from the tincture by adding it to a small amount of hot water or herbal tea. The alcohol will evaporate almost immediately, leaving the medicinal properties of the tincture behind. Allow to cool to comfortable temperature before consuming.

Some herbs should not be used on an ongoing basis. While they are safe for short-term use, they may cause stress to the body if used for longer than a week or two at a time. Always review the safety profile of each herb before use.

NOTE: If detox symptoms such as headache or nausea result when starting a new tincture, stop the tincture for 24 hours then resume at ½ the dosage. You can slowly build up to the full therapeutic dosage over a period of a couple of weeks.

As with any new medication, allergic reactions are possible. If you develop a rash, hives, or swelling, stop taking the tincture immediately and consult a health care professional. Allergic reaction can be a medical emergency. Call 911 if you experience difficulty breathing, swelling of the face or throat, rapid heartrate, or profuse sweating.

Dry Plant Tincture Ratios & Maximum Dosage Chart

**Please note that herbs marked (Warning: Do not use without professional guidance) can be fatal if used incorrectly and are very low dose herbs. They are included for reference and as a warning only.

Botanical Name

Common Name

Weight to

% Alcohol in

Maximum

Volume

Menstruum

Adult Dosage

Achillea

Yarrow

1:4

40%

2.5ml, 3 times/day

millefolium

(Leaf and flower)

(7.5ml/day)

Acorus calamus

Sweet Flag

1:4

60%

1.5ml, 3 times/day

(4.5ml/day)

Aesculus

Horse Chestnut

1:4

25%

2.5ml, 3 times/day

hippocastanum

(7.5ml/day)

Agrimonia

Agrimony

1:4

25%

4ml, 3 times/day

eupatorium

(12ml/day)

Agropyron

Couch Grass

1:4

40%

5ml, 3 times/day

repens

(15ml/day)

Alchemilla

Parsley Piert

1:4

25%

5ml, 3 times/day

arvensis

(15ml/day)

Alchemilla

Ladies Mantle

1:5

25%

5ml, 3 times/day

vulgare

(15ml/day)

Aletris farinose

True Unicorn (Root)

1:5

25%

2ml, 3 times/day

(6ml/day)

Aloe vera

Aloe Vera

1:10

40%

2.5ml, 3 times/day

(7.5ml/day)

Allium sativum

Garlic

1:3

45%

3ml, 3 times/day

(9ml/day)

Althea officinalis Marshmallow (Herb

1:4

25%

5ml, 3 times/day

or Root)

(15ml/day)

Aletris farinosa

Lemon Verbena

1:4

40%

1.5ml, 3 times/day

(4.5ml/day)

Amomum

Cardamom

1:4

60%

2ml, 3 times/day

cardamomum

(6ml/day)

Anaphalis

Pearly Everlasting

1:4

25%

1ml, 3 times/day

margaritacea

(3ml/day)

Anemone

Pasque Flower

1:10

40%

1ml, 3 times/day

pulsatilla

(3ml/day)

Anthemum

Dill

1:4

40%

5ml, 3 times/day

graveolons

(15ml/day)

Angelica

Angelica (Herb)

1:4

40%

3ml, 3 times/day

archangelica

(9ml/day)

herba

16

Angelica

Angelica (Root)

1:4

40%

2.5ml, 3 times/day

archangelica

(7.5ml/day)

radix

Angelica sinensis Dong Quai

1:4

25%

1ml, 3 times/day

Apium

Celery Seed

1:4

60%

2.5ml, 3 times/day

graveolens

(7.5ml/day)

Arctium lappa

Burdock

1:4

25%

4ml, 3 times/day

(12ml/day)

Arctostaphylos

Bearberry

1:4

25%

2ml, 3 times/day

uva ursi

(6ml/day)

Armoracia

Horseradish

1:5

70%

1ml, 3 times/day

rusticana

(3ml/day)

Arnica montana

Arnica

1:10

25%

2 drops, 3 times/day

(Warning: Do not use internally

(0.25ml/day)

without professional guidance)

Artemisia

Southernwood

1:5

45%

1.5ml, 3 times/day

abrotanum

(4.5ml/day)

Artemisia

Wormwood

1:4

40%

1ml, 3 times/day

absinthium

(3ml/day)

Artemisia

Mugwort

1:4

40%

2ml, 3 times/day

vulgaris

(6ml/day)

Asclepias

Pleurisy Root

1:4

25%

4ml, 3 times/day

tuberosa

(12ml/day)

Astragalus

Chinese Milk Vetch

1:4

60%

4ml, 3 times/day

membranaceous

(12ml/day)

Avena sativa

Oat Straw or Milky

1:3

25%

5ml, 3 times/day

Oat Tops

(15ml/day)

Ballota nigra

Black Horehound

1:4

25%

2ml, 3 times/day

(6ml/day)

Baptista

Wild Indigo

1:5

60%

2ml, 3 times/day

tinctoria

(6ml/day)

Barosa betulina

Buchu

1:4

60%

2ml, 3 times/day

(6ml/day)

Berberis

Oregon Grape

1:4

25%

3ml, 3 times/day

aquafolia

(9ml/day)

Berberis vulgaris Barberry

1:4

25%

3ml, 3 times/day

(9ml/day)

Betula alba

Silver Birch

1:4

40%

5ml, 3 times/day

(15ml/day)

Borago

Borage

1:4

25%

5ml, 3 times/day

officinalis

(15ml/day)

Boswellia spp.

Frankincense

1:4

90%

5ml, 3 times/day

(15ml/day)

17

Bupleurum

Chinese

1:4

25%

5ml, 3 times/day

falcatum

Thoroughwax

(15ml/day)

Cactus

Night Blooming

1:1

25%

5 drops, 3 times/day

grandiflora

Cactus

(0.5ml/day)

(Warning: Do not use without

professional guidance)

Calendula

Pot Marigold

1:4

90%

5ml, 3 times/day

officinalis

(15ml/day)

Capsella bursa-

Shepherd’s Purse

1:4

25%

2.5ml, 3 times/day

pastoris

(7.5ml/day)

Capsicum

Cayenne

1:20

70%

0.5ml, 3 times/day

frutescens

(1.5ml/day)

Carbenia

Holy Thistle

1:3

25%

4ml, 3 times/day

benedicta

(12ml/day)

Carum carvi

Caraway

1:4

40%

2.5ml, 3 times/day

(7.5ml/day)

Cassia spp.

Senna

1:4

25%

5ml, 3 times/day

(15ml/day)

Caulophyllum

Blue Cohosh

1:4

70%

2.5ml, 3 times/day

thalictroides

(7.5ml/day)

Centaurea

Cornflower

1:4

40%

1ml, 3 times/day

cyanus

(3ml/day)

Centella asiatica Gotu Kola

1:4

40%

5ml, 3 times/day

(15ml/day)

Cetraria

Iceland Moss

1:4

25%

5ml, 3 times/day

islandica

(15ml/day)

Chamaelirium

False Unicorn (Root)

1:4

25%

2ml, 3 times/day

luteum

(6ml/day)

Chamomilla

Roman Chamomile

1:4

40%

5ml, 3 times/day

nobile

(15ml/day)

Chamomilla

German Chamomile

1:4

40%

5ml, 3 times/day

recutita

(15ml/day)

Chelidonium

Greater Celandine

1:5

40%

2ml, 3 times/day

majus

(6ml/day)

Chionanthus

Fringe Tree

1:4

25%

2ml, 3 times/day

virginicus

(6ml/day)

Chimaphila

Pipsissewa

1:4

40%

5ml, 3 times/day

umbellata

(15ml/day)

Chrysanthemum Feverfew

1:4

25%

2ml, 3 times/day

parthenium

(6ml/day)

Cichorium

Chicory

1:4

40%

1.5ml, 3 times/day

intybus

(4.5ml/day)

Cimicifuga

Black Cohosh

1:4

60%

3ml, 3 times/day

racemose

(9ml/day)

18

Cinnamomum

Cinnamon

1:5

60%

2ml, 3 times/day

zeylanicum

(6ml/day)

Cnicus benedicta Blessed Thistle

1:4

25%

1.5ml, 3 times/day

(4.5ml/day)

Codonopsis

Dang Shen

1:4

40%

2ml, 3 times/day

pilosula

(6ml/day)

Cola vera

Kola

1:4

40%

3ml, 3 times/day

(9ml/day)

Collonsonia

Stone Root

1:4

40%

5ml, 3 times/day

canadensis

(15ml/day)

Commiphora

Myrrh

1:4

90%

1.5ml, 3 times/day

molmol/myrrha

(4.5ml/day)

Commiphora

Guggul

1:4

90%

5ml, 3 times/day

mukul

(15ml/week)

Convallaria

Lily of the Valley

1:5

25%

0.5ml, 3 times/day

majalis

(Warning: Do not use without

(1.5ml/day)

professional guidance)

Coptis chinensis

Chinese Goldthread

1:4

40%

10 drops, 3

times/day

(1ml/day)

Crataegus

Hawthorn

1:4

40%

2ml, 3 times/day

oxycantha

(6ml/day)

Curcuma longa

Turmeric

1:3

70%

2ml, 3 times/day

(6ml/day)

Cynoglossum

Hound’s Tongue

1:4

25%

1ml, 3 times/day

officinale

(3ml/day)

Cypripedium

Lady’s Slipper (Root)

1:2

50%

3ml, 3 times/day

pubescens

(9ml/day)

Cyticus

Scotch Broom

1:4

40%

2ml, 3 times/day

scoparius

(6ml/day)

Daucus carota

Wild Carrot

1:4

25%

5ml, 3 times/day

(15ml/day)

Dioscorea villosa Wild Yam

1:4

25%

5ml, 3 times/day

(15ml/day)

Drosera

Sundew

1:4

40%

2ml, 3 times/day

rotundifolia

(6ml/day)

Echinacea

Purple Cone Flower

1:4

40%

5ml, 3 times/day

augustifolia

(15ml/day)

Echinacea

Purple Cone Flower

1:4

40%

5ml, 3 times/day

purpurea

(15ml/day)

Eleutherococcus Siberian Ginseng

1:4

25%

3ml, 3 times/day

senticosis

(9ml/day)

Epilobium

Small Leaf Willow

1:4

40%

2ml, 3 times/day

angustifolia

Herb

(6ml/day)

19

Ephedra sinica

Mormon Tea or

1:5

60%

3ml, 3 times/day

Ma Huang

(9ml/day)

(Warning: Do not use without

professional guidance)

Equisetum

Horsetail

1:4

25%

5ml, 3 times/day

arvense

(15ml/day)

Erigeron

Fleabane

1:4

25%

2ml, 3 times/day

canadensis

(6ml/day)

Eriodictyon

Yerba Santa

1:4

40%

1ml, 3 times/day

californicum

(3ml/day)

Erythrea

European Centaury

1:4

25%

5ml, 3 times/day

centaurea

(15ml/day)

Eschscholzia

California Poppy

1:4

25%

5ml, 3 times/day

californica

(15ml/day)

Eucalyptus

Eucalyptus

1:3

45%

2ml, 3 times/day

globulus

(6ml/day)

Eugenia

Jambul (Seed)

1:3

45%

3ml, 3 times/day

jambolana

(9ml/day)

Eupatorium

Gravel Root

1:4

40%

3ml, 3 times/day

purpureum

(9ml/day)

Eupatorium

Boneset

1:4

25%

4ml, 3 times/day

perfoliatum

(12ml/day)

Euphorbia hirta

Spurge

1:4

60%

2ml, 3 times/day

(6ml/day)

Euphrasia spp.

Eyebright

1:4

25%

5ml, 3 times/day

(15ml/day)

Fagopyrum

Buckwheat

1:4

25%

1.5ml, 3 times/day

esculenium

(4.5ml/day)

Filipendula

Meadowsweet

1:4

25%

5ml, 3 times/day

ulmaris

(15ml/day)

Foeniculum

Fennel

1:4

40%

5ml, 3 times/day

vulgare

(15ml/day)

Fragaria vesca

Wild Strawberry

1:4

40%

10 drops, 3

times/day

(1ml/day)

Fucus vesiculosis Bladder Wrack

1:1

25%

5ml, 3 times/day

(15ml/day)

Fumaria

Fumitory

1:4

25%

4ml, 3 times/day

officinalis

(12ml/day)

Galega officinalis Goat’s Rue

1:4

25%

2ml, 3 times/day

(6ml/day)

Galium aparine

Cleavers

1:4

25%

5ml, 3 times/day

(15ml/day)

Galium odorata

Sweet Woodruff

1:4

25%

1ml, 3 times/day

20

(3ml/day)

Ganoderma

Reishi Mushroom

1:4

40%

2ml, 3 times/day

lucidum

(6ml/day)

Gaultheria

Wintergreen

1:4

40%

10 drops, 3

procumbens

times/day

(1ml/day)

Gentiana lutea

Yellow Gentian

1:4

40%

2ml, 3 times/day

(6ml/day)

Geranium

Cranesbill (Herb)

1:4

40%

5ml, 3 times/day

maculatum

(15ml/day)

Geranium

Cransebill (Root)

1:4

40%

3ml, 3 times/day

maculatum radix

(9ml/day)

Geum spp.

Avens

1:4

25%

5ml, 3 times/day

(15ml/day)

Ginkgo biloba

Ginkgo

1:4

25%

5ml, 3 times/day

(15ml/day)

Glechoma

Ground Ivy

1:4

25%

5ml, 3 times/day

hederacea

(15ml/day)

Glycyrrhiza

Licorice

1:4

40%

3ml, 3 times/day

glabra

(9ml/day)

Grindelia

Gumweed

1:3

25%

1ml, 3 times/day

camporum

(3ml/day)

Guaiacum

Guaiacum

1:3

90%

2ml, 3 times/day

officinale

(6ml/day)

Gymnema

Gymnema

1:3

60%

3ml, 3 times/day

sylvestre

(9ml/day)

Hamamelis

Witch Hazel (Bark or

1:4

25%

3ml, 3 times/day

virginiana

Leaf)

(9ml/day)

Harpagophytum Devil’s Claw

1:3

60%

5ml, 3 times/day

procumbens

(15ml/day)

Humulus lupulus Hop

1:4

60%

2.5ml, 3 times/day

(7.5ml/day)

Hydrangea

Seven Bark

1:4

40%

5ml, 3 times/day

arborescens

(15ml/day)

Hydrastis

Goldenseal

1:5

60%

4ml, 3 times/day

canadensis

(12ml/day)

Hypericum

St. John’s Wort

1:5

40%

4ml, 3 times/day

perfoliatum

**Must use fresh,

(12ml/day)

not dry**

Hyssopus

Hyssop

1:4

40%

4ml, 3 times/day

officinalis

(12ml/day)

Ilex

Yerba Maté

1:4

60%

1ml, 3 times/day

paraguariensis

(3ml/day)

Inula helenium

Elecampane

1:5

25%

5ml, 3 times/day

21

(15ml/day)

Iris versicolor

Blue Flag

1:4

40%

5ml, 3 times/day

(15ml/day)

Jateorrhiza

Calumba

1:3

60%

3ml, 3 times/day

palmata

(9ml/day)

Juglans cinerea

Butternut

1:4

25%

5ml, 3 times/day

(15ml/day)

Juglans nigra

Black Walnut

1:4

40%

3ml, 3 times/day

(9ml/day)

Juniperus

Juniper (Berry)

1:4

40%

2ml, 3 times/day

communis

(6ml/day)

Lactuca virosa

Wild Lettuce

1:3

25%

5ml, 3 times/day

(15ml/day)

Lamium album

White Dead Nettle

1:4

25%

5ml, 3 times/day

(15ml/day)

Larrea spp.

Chaparral

1:4

40%

1.5ml, 3 times/day

(4.5ml/day)

Lavandula

Lavender

1:4

40%

4ml, 3 times/day

officinalis

(12ml/day)

Leonarus

Motherwort

1:4

40%

5ml, 3 times/day

cardiaca

(15ml/day)

Leptandra

Black Root

1:5

70%

4ml, 3 times/day

virginica

(12ml/day)

Levisticum

Lovage

1:4

40%

2ml, 3 times/day

officinale

(6ml/day)

Ligusticum

Osha

1:4

60%

0.5-1ml, 3 times/day

porterii

(1.5-3ml/day)

Lithospermun

Stone Seed

1:4

60%

1ml, 3 times/day

ruderale

(3ml/day)

Lobelia inflate

Lobelia

1:8

50%

1ml, 3 times/day

(Warning: Do not use without

(3ml/day)

professional guidance)

Lomatium

Lomatium

1:4

60%

10 drops, 3

dissectum

times/day

(1ml/day)

Lycopus

Bugleweed

1:4

40%

5ml, 3 times/day

virginicus

(15ml/day)

Mahonia

Oregon Grape

1:4

25%

5ml, 3 times/day

aquafolia

(15ml/day)

Marrubium

White Horehound

1:4

40%

5ml, 3 times/day

vulgare

(15ml/day)

Marsdenia

Condurango

1:5

45%

3ml, 3 times/day

condurango

(9ml/day)

22

Matricaria

German Chamomile

1:4

40%

5ml, 3 times/day

recutita

(15ml/day)

Medicago sativa Alfalfa

1:4

25%

5ml, 3 times/day

(15ml/day)

Melilotus

Sweet Clover

1:4

25%

3ml, 3 times/day

officinalis

(9ml/day)

Melissa

Lemon Balm

1:4

40%

5ml, 3 times/day

officinalis

(15ml/day)

Mentha piperita Peppermint

1:4

40%

2ml, 3 times/day

(6ml/day)

Menyanthes

Bogbean

1:4

40%

3ml, 3 times/day

trifoliata

(9ml/day)

Mitchella repens Partridge Berry or

1:4

40%

4ml, 3 times/day

Squaw Vine

(12ml/day)

Monarda spp.

Bee Balm or

1:4

40%

2ml, 3 times/day

Oswego Tea

(6ml/day)

Momordica

Bitter Melon

1:4

25%

1ml, 3 times/day

charantia

(3ml/day)

Morus nigra

Black Mulberry

1:4

25%

4ml, 3 times/day

(12ml/day)

Myrica cerifera

Bayberry

1:4

40%

3ml, 3 times/day

(9ml/day)

Nepeta cataria

Catnip

1:4

40%

5ml, 3 times/day

(15ml/day)

Nepeta

Ground Ivy

1:4

40%

5ml, 3 times/day

hederacea

(15ml/day)

Ocimum

Basil

1:4

40%

1ml, 3 times/day

basilicum

(3ml/day)

Oenothera

Evening Primrose

1:4

40%

2ml, 3 times/day

biennis

(6ml/day)

Olea europaea

Olive Leaf

1:4

40%

1ml, 3 times/day

(3ml/day)

Opolopanax

Devil’s Club

1:5

60%

4ml, 3 times/day

horridus

(12ml/day)

Origanum

Marjoram

1:4

40%

2ml, 3 times/day

majorana

(6ml/day)

Origanum

Oregano

1:4

40%

2ml, 3 times/day

vulgare

(6ml/day)

Panax ginseng

Korean Ginseng

1:4

25%

2ml, 3 times/day

(6ml/day)

Papaver

Oriental Poppy

1:5

40%

4ml, 3 times/day

somniferum

(12ml/day)

23

Parietaria

Pellitory of the Wall

1:4

25%

5ml, 3 times/day

diffusa

(15ml/day)

Passiflora

Passion Flower

1:4

25%

2ml, 3 times/day

incarnata

(6ml/day)

Petroselinum

Parsley

1:4

40%

4ml, 3 times/day

crispus

(12ml/day)

Peumus boldo

Boldo

1:4

60%

2ml, 3 times/day

(6ml/day)

Phytolacca

Poke Root

1:3

45%

0.4ml, 3 times/day

decandra

Must use fresh, NOT dry

(1.2ml/day)

(Warning: Do not use without

professional guidance)

Pimpinella

Anise

1:4

40%

2ml, 3 times/day

anisum

(6ml/day)

Piper

Kava

1:4

40%

4ml, 3 times/day

methysticum

(12ml/day)

Pinus sylvestris

Scots Pine

1:4

60%

2ml, 3 times/day

(6ml/day)

Piscidia

Jamaican Dogwood

1:4

40%

2ml, 3 times/day

erythrina

(6ml/day)

Plantago spp.

Plantain

1:4

25%

4ml, 3 times/day

(12ml/day)

Polygala senega

Snakeroot

1:5

60%

3ml, 3 times/day

(9ml/day)

Polygonum

Bistort

1:4

25%

3ml, 3 times/day

bistorta

(9ml/day)

Polygonum

Fo-ti

1:4

25%

2ml, 3 times/day

multiflorum

(6ml/day)

Populus

Balm of Gilead

1:4

60%

5ml, 3 times/day

balsamifera

(15ml/day)

Populus

White Poplar

1:4

60%

5ml, 3 times/day

tremuloides

(15ml/day)

Potentilla erecta Tormentil

1:4

25%

3ml, 3 times/day

(9ml/day)

Primula veris

Primrose or

1:4

40%

4ml, 3 times/day

Cowslip

(12ml/day)

Prunus serotina Wild Cherry

1:4

25%

4ml, 3 times/day

(12ml/day)

Prunella vulgaris Self-Heal

1:4

25%

2ml, 3 times/day

(6ml/day)

Pulmonaria

Lungwort

1:4

25%

4ml, 3 times/day

officinalis

(12ml/day)

Quercus alba

White Oak

1:4

25%

3ml, 3 times/day

(9ml/day)

24

Quercus robur

Oak Bark

1:4

25%

3ml, 3 times/day

(9ml/day)

Ranunculus

Pilewort

1:4

25%

4ml, 3 times/day

ficaria

(12ml/day)

Rhamnus

Cascara

1:4

25%

1.5ml, 3 times/day

purshiana

(4.5ml/day)

Rheum

Rhubarb

1:4

25%

2ml, 3 times/day

officinalis

(6ml/day)

Rhus aromatica

Sweet Sumac

1:4

25%

2.5ml, 3 times/day

(7.5ml/day)

Rosa spp.

Rose (petals and hips) 1:4

40%

4ml, 3 times/day

(12ml/day)

Rosemarinus

Rosemary

1:4

40%

4ml, 3 times/day

officinalis

(12ml/day)

Rubus idaeus

Raspberry

1:4

25%

5ml, 3 times/day

(15ml/day)

Rumex acetosa

Sheep Sorrel

1:4

25%

4ml, 3 times/day

(12ml/day)

Rumex crispus

Yellow Dock

1:4

25%

5ml, 3 times/day

(15ml/day)

Ruta graveolens

Rue

1:3

25%

1ml, 3 times/day

(3ml/day)

Salix alba

White Willow

1:4

25%

2ml, 3 times/day

(6ml/day)

Salix nigra

Black Willow

1:4

25%

5ml, 3 times/day

(15ml/day)

Salvia officinalis

Sage

1:4

40%

4ml, 3 times/day

(12ml/day)

Sambucus nigra

Elder (Flower and

1:4

25%

5ml, 3 times/day

Berry)

(15ml/day)

Sanguinaria

Blood Root

1:4

60%

4ml, 3 times/day

canadensis

(12ml/day)

Sanguisorba

Greater Burnet

1:4

60%

5ml, 3 times/day

officinalis

(15ml/day)

Saponaria

Soapwort

1:4

40%

2ml, 3 times/day

officinalis

(6ml/day)

Schisandra

Schisandra

1:4

40%

2ml, 3 times/day

chinensis

(6ml/day)

Scrophularia

Figwort

1:4

25%

4ml, 3 times/day

nodosa

(12ml/day)

Scutellaria

Skullcap

1:4

25%

4ml, 3 times/day

lacteriflora

(12ml/day)

25

Serenoa

Saw Palmetto

1:4

40%

2ml, 3 times/day

serrulata

(6ml/day)

Silybum

Milk Thistle

1:4

25%

4ml, 3 times/day

marianus

(12ml/day)

Smilax officinalis Sarsaparilla

1:4

40%

3ml, 3 times/day

(9ml/day)

Solidago

Goldenrod

1:4

25%

3ml, 3 times/day

canadensis

(9ml/day)

Stachys betonica Wood Betony

1:4

25%

5ml, 3 times/day

(15ml/day)

Stellaria media

Chickweed

1:4

25%

5ml, 3 times/day

(15ml/day)

Stillingia

Queen’s Delight

1:4

40%

4ml, 3 times/day

sylvatica

(12ml/day)

Symphytum

Comfrey (Herb)

1:4

25%

5ml, 3 times/day

officinalis

(15ml/day)

Symphytum

Comfrey (Root)

1:4

25%

1ml, 3 times/day

officinalis

(3ml/day)

Tabebuia spp.

Pau D’arco

1:4

25%

3ml, 3 times/day

(9ml/day)

Tanacetum

Feverfew

1:4

25%

3ml, 3times/day

parthenium

(9ml/day)

Tanacetum

Tansy

1:4

40%

2ml, 3 times/day

vulgare

(6ml/day)

Taraxacum

Dandelion (Leaf)

1:4

25%

5ml, 3 times/day

officinalis folia

(15ml/day)

Taraxacum

Dandelion (Root)

1:4

25%

5ml, 3 times/day

officinalis radix

(15ml/day)

Teucrium

Germander

1:4

25%

5ml, 3 times/day

chamaedrys

(15ml/day)

Teucrium

Wood Sage

1:4

25%

5ml, 3 times/day

scorodonia

(15ml/day)

Thuja

Thuja

1:4

60%

2ml, 3 times/day

occidentalis

(6ml/day)

Thymus vulgaris

Thyme

1:4

40%

5ml, 3 times/day

(15ml/day)

Tilia europea

Linden or

1:4

25%

4ml, 3 times/day

Lime Blossom

(12ml/day)

Trifolium

Red Clover

1:4

25%

5ml, 3 times/day

pratense

(15ml/day)

Trigonella

Fenugreek

1:4

40%

2ml, 3 times/day

foenum-

(6ml/day)

graecum

26

Trillium erectum Bethroot

1:2

40%

4ml, 3 times/day

Must use fresh, NOT dry

(12ml/day)

Tropaeolum

Nasturtium

1:4

40%

4ml, 3 times/day

majas

(12ml/day)

Turnera diffusa

Damiana

1:5

60%

3ml, 3 times/day

(9ml/day)

Tussilago farfara Coltsfoot

1:4

40%

5ml, 3 times/day

(15ml/day)

Ulmus rubra

Slippery Elm Bark

1:4

25%

3ml, 3 times/day

(9ml/day)

Uncaria

Cats Claw

1:4

60%

1.5ml, 3 times/day

tomentosa

(4.5ml/day)

Urginea

Squill

1:10

60%

1ml, 3 times/day

maritime

(3ml/day)

Urtica dioica

Stinging Nettle

1:4

25%

5ml, 3 times/day

(15ml/day)

Usnea barbata

Old Man’s Beard

1:5

70%

5ml, 3 times/day

(15ml/day)

Vaccinium spp.

Bilberry

1:4

50%

2ml, 3 times/day

(6ml/day)

Valeriana

Valerian

1:3

45%

5ml, 3 times/day

officinalis

(15ml/day)

Verbascum

Mullein

1:4

25%

5ml, 3 times/day

thapsus

(15ml/day)

Verbena

Blue Vervain

1:4

25%

5ml, 3 times/day

officinalis

(15ml/day)

Veronica

Speedwell

1:4

25%

1ml, 3 times/day

officinalis

(3ml/day)

Viburnum

Cramp Bark

1:4

25%

5ml, 3 times/day

opulus

(15ml/day)

Viburnum

Black Haw

1:4

25%

5ml, 3 times/day

prunifolium

(15ml/day)

Vinca major

Periwinkle

1:4

40%

2ml, 3 times/day

(6ml/day)

Viola tricolor

Heartsease

1:4

25%

4ml, 3 times/day

(12ml/day)

Viola odorata

Sweet Violet

1:4

25%

2ml, 3 times/day

(6ml/day)

Viscum alba

Mistletoe

1:4

25%

3ml, 3 times/day

(Twigs, NOT berries)

(9ml/day)

Vitex agnus

Chaste Berry

1:4

40%

2ml, 3 times/day

cactus

(6ml/day)

27

Withania

Ashwagandha

1:4

60%

2ml, 3 times/day

somnifera

(6ml/day)

Yucca spp.

Yucca

1:4

40%

2ml, 3 times/day

(6ml/day)

Zanthoxylum

Prickly Ash

1:4

40%

2ml, 3 times/day

spp.

(6ml/day)

Zea mays

Corn Silk

1:4

25%

6ml, 3 times/day

(18ml/day)

Zingiber

Ginger

1:3

80%

1.5ml, 3 times/day

officinale

(4.5ml/day)

**Please note that borage, boneset, coltsfoot, comfrey, kava, and gravel root should not be used by individuals with a history (or family history) of liver issues. They are also not for long term use.

**The safety information for each herb should be carefully reviewed prior to use and safety must be confirmed by a healthcare professional. This is vital to ensure safe use, especially for individuals who are taking other medications, have allergies, or have any pre-existing health condition. Please remember, tinctures are powerful medicines and must be treated as such.

Medicine gardens at West Coast Wild Apothecary

28

The following terms of abbreviation are useful in deciphering dosage instructions in formulas and on commercially sources tinctures: What seems like a foreign code is actually not difficult to read with this reference and you may wish to record your dosage instructions using the abbreviations.

For example:

Rx 2ml T.I.D a.c aq.cal = Take 2 ml 3 times per day before meals with warm water.

RX 1ml Q.I.D i.c ex.aq = Take 1ml 4 times per day between meals without water.

Latin Pharmacopeia Terms of Abbreviation

Abbreviation

English Translation

Latin Origin

a.c

Before meals

Ante cibum

Aq

Water

Aqua

aq. Cal

Warm water

Aqua calida

aq. Gel

Cold water

Aqua gelida

Cumaq

With water

Cumaqua

ex. Aq

Without water

Ex aqua

Gtt

Drops

Guttae

Inf

Infusion

Infusum

i.c

Between meals

Inter cibum

M

Morning

Mane

mist

Mixture

Mistura

No

Night

Nocte

Ol

Oil

Oleum

P.O

By mouth

Peros

P.C

After meals

Postcibum

PRN

As needed

Pro ne nata

Q.S

As much as sufficient

Quantum sufficiate

S.D

1X per day

Semi die

B.I.D

2X per day

Bis indie

T.I.D

3X per day

Ter indie

Q.I.D

4X per day

Quater indie

Rx

Take thou

Recipe

29

Herbal Actions

It is important to know the specific actions, or what each plant does therapeutically, before you include it in a formula. This will help you determine what plants are best suited to a specific symptom or condition.

Some actions of medicinal plants are as follows:

Abortifacient: Can cause miscarriage/accidental premature abortion of a fetus Adaptogen: Aids the body in managing the effects of stress, whether emotional, physical, or environmental.

Adrenergic stimulant: Stimulates the automatic nerve endings through activation and transmission of adrenaline

Alterative: Modulates hormones; stimulates a material change in the underlying causes of chronic or acute disease. (Generally suited to long term use) Analgesic: Pain relieving

Anodyne: Pain relieving

Anthelmintic: Kills parasitic worms

Anti-bacterial: Prevents bacteria from forming and multiplying Anti-depressive: Relieves depression

Anti-fungal: Kills fungi and prevents them from reproducing Anti-hemorrhagic: Halts bleeding

Anti-hidrotic: Prevents perspiring

Anti-inflammatory: Reduces inflammation

Antimicrobial: Kills microorganisms or stops their growth Antimitotic: Arrests mitosis, or cell division.

Anti-neoplastic: Prevents abnormal growths

Antioxidant: Protects cells from free radical damage Anti-parasitic: Kills and inhibits the spread of parasites Anti-pruritic: Relieves itching

Anti-pyretic: Prevents and reduces fever

Anti-rheumatic: Relieves rheumatic issues

Antiseptic: Kills germs and prevents putrefaction Anti-spasmodic: Relieves spasms of involuntary muscles Anti-tussive: Prevents coughing

Anti-viral: Kills viruses and prevents them from multiplying Anxiolytic: Anti-anxiety; nerve calming

Aphrodisiac: Increases sexual desire and improves sexual performance Astringent: Contracts cell walls to prevent unwanted discharge Bitter: Aids in digestion

Cardio-active: Stimulates heart activity

Cardio-tonic: Tones the heart muscle

Carminative: Relieves indigestion and flatulence Cathartic: Purgative; potent laxative

Demulcent: Soothing

Diaphoretic: Promotes sweating or perspiration

Diuretic: Increases the flow of urine

Emetic: Causes vomiting

Emmenagogue: Stimulates the onset of menstruation Emollient: Softens, moistens, and protects body tissue Escharotic: Caustic; causes sloughing of the skin Expectorant: Assists in expelling mucous from the lungs and respiratory tract Fibrolinic: Blood thinning

Galactogogue: Increases the flow of breast milk

Hypertensive: Increases blood pressure

Hypotensive: Lowers blood pressure

Immune-enhancing: Stimulates the immune system

Laxative: Softens stools and assists in moving the bowels Nervine: Helps tonify the nerves

Nutritive: A substance that is nutrient rich Orexigenic: Stimulates the appetite

Parasiticide: Kills parasites

Parturient: Encourages the onset of labor

Peripheral vasoconstrictor: Constricts blood vessels on the surface of the body Peripheral vasodilator: Dilates blood vessels on the surface of the body Prophylactic: Prevents disease

Purgative: A potent laxative

Refrigerant: Lowers fever

Relaxant: Promotes relaxation (physical and/or psychological) Rubefacient: Produces redness of the skin by dilating the capillaries and increasing in blood circulation (used topically)

Sedative: Calms, moderates, or tranquilizes the nervousness or nervous excitement Sialagogue: Stimulates the secretion of saliva

Spasmolytic: Relieves spasms or convulsions

Stimulant: Temporarily increases function and activity of an organ, body system, or organism Stomachic: Stimulates functions of the stomach

Styptic: Stops bleeding

Sudorific: Causes sweating

Tonic: Promotes restoration and invigoration

Uterine tonic: Tones the female reproductive system Vasodilator: Dilates blood vessels and improves circulation Vermifuge: Eliminates parasitic worms

32

Plant Constituents and Solubility Specific plant chemicals, or constituents, have specific actions. Knowing the chemical makeup of a medicinal plant and the actions of each chemical is very helpful in determining which herbs are best suited to the condition or symptom being treated. The following is a breakdown of basic constituent groups and their actions:

**Note that each basic constituent group can be broken down further into sub-groups. These are the general constituent groups only.

Acids – Tend to be slightly irritating to tissue and increase digestion and bowel function.

Alkaloids – Often extremely toxic when extracted and should only be used in very low dosages.

Anthroquinone Glycosides – Irritating laxatives

Bitter Principles – Stimulate digestion, increase appetite, stimulate bile flow, tone the gastro-esophageal sphincter, enhance pancreatic function, and act as general digestive tonics.

Coumarins – Anti-fungal and vascular tonics

Flavonoids – Antioxidant, antimicrobial, hypotensive, antineoplastic, sedative, antispasmodic, and anti-inflammatory.

Glycosides – Depending on the herb, they can be antibacterial, antiseptic, anthelmintic, anesthetic, analgesic, and/or warming.

Mucilages – Soothe, coat, strengthen, and heal tissues on contact
Polysaccharides – Long chain carbohydrates that stimulate the immune system.

Resins – Are antiseptic and stimulate white blood cell activity.

Saponins – Effect the endocrine system and hormone production. They modulate the immune system, are anti-inflammatory, cholesterol reducing, diuretic, and act as stimulating expectorants.

Tannins – Astringent and drying. They reduce bleeding and inflammation.

Volatile Oils – Depending on the specific herb, volatile oils can be circulatory stimulants, digestive bitters, antiseptic, anti-inflammatory, expectorant, antipyretic, antispasmodic, rubefacient, carminative, immune-stimulant.

Not all plant chemicals carry over well in alcohol tinctures. It is a good idea to familiarize yourself with the chemical makeup of the plants you intend to tincture and of the specific chemicals that you wish to have in your finished medicine. Most herbals will specify the medicinally active constituents of each plant for your reference.

Alcohol content that is too high may break down the medicinal properties of some plants while alcohol content that is too low will not extract certain properties. For example, alcohol will break down the mucilage in plants such as marshmallow and should only be used in high enough concentration to ensure preservation of the finished product. Conversely, alcohol is necessary for extraction of resins and must be used in high enough concentration to facilitate solubility or the resins will not be present in the finished medicine.

Plants chemicals that are most soluble in alcohol include: alkaloids, essential oils, glycosides, resins, and tannins.

These plant chemicals can be extracted using higher concentrations of alcohol. (See the Tincture Ratio chart for specific concentrations) Plant chemicals that can be damaged by alcohol include: mucilage, polysaccharides, and saponins.

This does not mean that mucilage, polysaccharides, and saponins cannot carry over into alcohol tinctures, but that they must be tinctured at no more than 25% alcohol: The lowest concentration of alcohol : water that will still allow for preservation of the finished tincture.

Wild roses and honey bees: Highly beneficial additions to the medicine garden.

34

Top 10 Single Herb Tinctures by Body System The following lists are far from comprehensive. They are a brief introduction to some of my personal favorite medicinal plants and are intended as a summary, offering you a few suggestions to consider for conditions affecting specific body systems. Note that some herbs, such as nettle, cleavers, and red clover, are used in the treatment of many conditions and are not specific to a particular body system. You can find complete plant profiles in any good herbal and there is a lot of high quality information available online as well. I recommend a thorough review of each plant before using it in a medicinal preparation.

As always, check with a medical professional before taking any herb or herbal product.

Immune System Specific Herbs

1. Astragalus membranaceus

Chinese Milk Vetch

Actions include: Adaptogen, anti-inflammatory, antioxidant, anti-neoplastic, antiviral, cardiotonic, diuretic, hepatoprotective, hypotensive, and immune-modulating.

Astragalus works as a deep-immune stimulant and modulator that is safe for long-term use. Astragalus should not be used in the presence of fevers above 101 degrees.

2. Bupleurum falcatum

Chinese Thoroughwax

Actions include: Adaptogen, anti-inflammatory, antifungal, antimicrobial, anti-pyretic, antiviral, choleretic, cholagogue, digestive tonic, depurative, hepatoprotective, hypocholesterolemic, immune-modulator, sedative (mild)

Bupleurum is an herbal specific for liver disease and acts as an adaptogens for the immune system, helping protect it from the effects of acute and/or long-term stress.

3. Codonopsis pilosula

Dang Shen

Actions include: Adaptogen, analgesic, anti-inflammatory, bitter, cardio-tonic, galactogogue, gastrointestinal system tonic, hypoglycemic, immune-modulator, sialagogue, thrombolytic

Codonopsis is an herbal specific for disorders of the spleen, lungs, and stomach, and a broadly useful immune system stimulant. It supports the body in dealing with stress, and increases both the red and white blood cell count.

4. Echinacea spp.

Echinacea/Purple Cone Flower

Actions include: Alterative, antibiotic, anti-catarrhal, antifungal, anti-inflammatory, antiviral, bitter, diaphoretic, diuretic, immune stimulant, immune system tonic Echinacea is an herbal specific for microbial infections, effective against both bacterial and viral conditions. It is especially useful for respiratory infections and for topical use to treat septic ulcers and sores.

5. Galium aparine

Cleavers

Actions include: Diuretic, alterative, anti-inflammatory, tonic, astringent, antineoplastic, hepatic, laxative, vulnerary

Galium is one of the best lymphatic herbs available, excellent for treating swollen lymph nodes and ulcers and tumors caused by impaired lymphatic drainage. It is an herbal specific for the treatment of dry psoriasis and other inflammatory skin conditions. It stimulates liver function, helps with kidney stones and cystitis, and is an overall wonderful detoxifier.

6. Ganoderma lucidum

Reishi Mushroom

Actions include: Adaptogen, analgesic, antioxidant, anti-neoplastic, antiviral, cardiotonic, hepatoprotective, hypotensive, immune-modulating Ganoderma is an herbal specific for aging/age-related conditions, auto-immune disorders, and cancer therapy/support. It works as a tonic for all body systems and organs, particularly the heart and liver, and is highly beneficial for those with HIV/AIDS, chronic fatigue syndrome, fibromyalgia, and hepatitis.

7. Tabebuia spp.

Pau D'Arco

Actions include: Antibacterial, antifungal, anti-inflammatory, antiparasitic, antineoplastic, antiviral, immune-modulator, immune system tonic, lymphatic cleanser Tabebuia is an herbal specific for the treatment of candidiasis overgrowth, herpes simplex, influenza, parasites, bacterial infections, and vaginitis. As an anti-tumor herb, it is most beneficial for lymphatic cancers, including leukemia and lymphoma.

8. Thymus vulgaris

Thyme

Actions include: Carminative, antimicrobial, antispasmodic, expectorant, astringent, anthelmintic, anti-catarrhal, diaphoretic, tonic, vulnerary Thymus is an herbal specific for respiratory or urinary tract conditions that are spasmodic and infectious as it calms smooth muscle tissue and is antimicrobial.

9. Trifolium pratense

Red Clover

Actions include: Alterative, expectorant, anti-spasmodic, nervine, sedative, tonic

Trifolium is an herbal specific for coughs, bronchitis, and whooping cough (pertussis), as well as hormone related cancers; it also helps to prevent cell mutations. It is an excellent immune system stimulant and blood cleanser, supporting the removal of cellular waste products from the body.

36

10. Uncaria tomentosa

Cat’s Claw

Actions: Alterative, anti-inflammatory, anti-mutagenic, anti-spasmodic, antiviral, cardiotonic, diuretic, immune-modulator

Uncaria can be used topically as a wound wash to prevent infection. Internally it is an herbal specific for leukemia and urinary tract cancers and

is useful in the treatment of gout, arthritis, gastritis, Chrohn’s disease, and other digestive and urinary tract conditions.

Respiratory System Specific Herbs

1. Althea officinalis

Marshmallow

Actions include: (Root) Demulcent, diuretic,

emollient, vulnerary; (Leaf) Demulcent, diuretic, expectorant, emollient, anti-catarrhal, pectoral

Marshmallow leaf is used primarily to soothe

respiratory inflammation, bronchitis, and irritating coughs, as well as to soothe urinary tract issues including urethritis. The root is used internally for digestive problems and to soothe inflammation of

the gastrointestinal tract.

2. Glechoma hederacea

Ground Ivy

Actions include: Anti-catarrhal, astringent, expectorant, diuretic, vulnerary, stimulant An herbal specific for upper respiratory conditions that effect the sinuses and middle ear.

3. Inula helenium

Elecampane

Actions include: Expectorant, antitussive, diaphoretic, stomachic, antimicrobial, astringent, anticatarrhal, emollient, hepatic, pectoral, tonic, vulnerary Inula helenium is an herbal specific for bronchitis and emphysema. It is a wonderful medicine for any irritating cough and for asthma and is safe for use in children.

4. Lobelia inflata

Lobelia

Actions include: Respiratory stimulant, bronchodilator, antispasmodic, expectorant, emetic, nervine, sedative

Lobelia is an herbal specific for the management of asthma. It is also a very useful herb for chronic bronchitis and to aid with smoking cessation.

5. Marrubium vulgare

White Horehound

Actions include: Expectorant, antispasmodic, antimicrobial, bitter digestive, vulnerary, diaphoretic, pectoral, stimulant

37

Marrubium is an excellent herbal remedy for all coughs, including pertussis. It is an antimicrobial, helping kill infectious pathogens, while breaking up mucous and aiding in expectoration.

6. Prunus serotina

Wild Cherry

Actions include: Antitussive, expectorant, astringent, sedative, digestive bitter Prunus serotine has a powerful sedative action on the cough reflex, making it an herbal specific for persistant coughs, especially those that are worse at night. It is helpful for croup, pertussis, and bronchitis.

7. Pulmonaria officinalis

Lungwort

Actions include: Demulcent, soothing expectorant, astringent, vulnerary, pectoral, respiratory tonic

A highly useful herb in the treatment of all coughs, especially those associated with the upper respiratory tract. A wonderful lung tonic that improves the elasticity and tone of the lungs.

8. Solidago canedensis

Goldenrod

Actions include: Anti-catarrhal, anti-inflammatory, antiseptic, diaphoretic, carminative, diuretic

Solidago canedensis is an herbal specific for respiratory catarrh, both acute and chronic.

It is a valuable decongestant with astringent action that helps reduce mucus secretions and tones and strengthens the tissues of the respiratory tract.

9. Tussilago farfara

Coltsfoot

Actions include: Expectorant, antitussive, demulcent, anti-catarrhal, diuretic, emollient, pectoral, tonic

Tussilago farfara is an herbal specific for all coughs. It is extremely effective, helping reduce the severity and frequency of coughs. It is very soothing and healing to the respiratory system and contains a useful level of zinc. It is recommended for coughs due to colds, bronchitis, pertussis, asthma, and emphysema.

10. Verbascum thapsus

Mullein

Actions include: Respiratory tonic, antimicrobial, demulcent, expectorant, anti-inflammatory, antispasmodic, sedative, alterative, diuretic Verbascum thapsus is a useful herb for all coughs, helping soothe the respiratory system and killing infectious pathogens. It is an excellent herb for colds, congestion, bronchitis, and sore throat.

38

Cardiovascular System Specific Herbs

1. Achillea millefolium

Yarrow

Actions include: Diaphoretic,

hypotensive, astringent, diuretic,

antiseptic, anti-catarrhal,

emmenagogue, hepatic, stimulant,

styptic, tonic

Increases circulation while

simultaneously lowering blood

pressure. It is an herbal specific in

thrombotic conditions associated with

elevated blood pressure. Achillea

millefolium will help stop both internal

and external bleeding.

2. Aesculus hippocastanum

Horse Chestnut

Actions include: Astringent, circulatory tonic, anti-inflammatory, hemostatic, diaphoretic, diuretic

An herbal specific for all venous insufficiencies with a toning and strengthening effect on the veins and blood vessels. This herb is excellent for management of varicosities, cardiac edema, pulmonary edema, and phlebitis.

3. Allium sativum

Garlic

Actions include: Antiseptic, antimicrobial, diaphoretic, cholagogue, hypotensive, antispasmodic, alterative, anthelmintic, anti-catarrhal, carminative, expectorant, pectoral, rubefacient, stimulant, tonic, vulnerary Allium sativum will reduce blood pressure, cholesterol, and platelet aggregation when taken on an ongoing basis.

4.

Capsicum frutescens

Cayenne

Actions include: Stimulant, carminative, tonic,

sialagogue, rubefacient, anti-catarrhal, anti-emetic, antimicrobial, diaphoretic

An excellent herb for regulating blood flow, equalizing and strengthening the heart, capillaries and arteries, and as a general circulatory system tonic. Capsicum helps lower cholesterol and triglyceride levels, reduces arterial plaque and platelet aggregation, and lowers blood pressure.

39

5. Crataegus laevigata

Hawthorn

Actions include: Cardiac tonic, hypotensive, diuretic An herbal specific for normalization of the heart, Crataegus laevigata will either stimulate of depress its activity, depending on need. This herb is an amazing cardiovascular system tonic and can be used for long-term, gentle management of high blood pressure, palpitations, angina pectoris, heart failure, and arteriosclerosis.

6. Leonarus cardiaca

Motherwort

Actions include: Sedative, emmenagogue, antispasmodic, cardiovascular system tonic, hepatic, nervine

An excellent cardiac tonic, reducing rapid heartrate, and helping with heart palpitations. It is an herbal specific for heart conditions related to nervous tension. Additionally, Leonarus cardiaca stimulates blood flow and helps dissolve blood clots.

7. Rosemarinus officinalis

Rosemary

Actions include: Carminative, aromatic, antispasmodic, rubefacient, antimicrobial, astringent, emmenagogue, nervine, stimulant

Rosemarinus improves peripheral circulation, helping with blood pooling and other circulatory problems. It is a wonderful warming herb, both internally and topically.

8. Tilia spp.

Linden or Lime Blossom

Actions include: Nervine, antispasmodic, diaphoretic, diuretic, astringent, tonic Tilia has a soothing, sedative effect on both the nervous and cardiovascular systems. As such, it is an excellent choice for cardiovascular issues that are associated with nervous tension. It is an herbal specific for stress related high blood pressure and heart palpitations.

9. Viscum album

Mistletoe

Actions include: Nervine, hypotensive, cardiac depressant, antispasmodic, hypnotic, tonic

Viscum album works directly on the vagus nerve, reducing heartrate and the blood pressure. It is very effective in treating headaches caused by high blood pressure.

10. Zanthoxylum americanum

Prickly Ash

Actions include: Circulatory stimulant, tonic, alterative, carminative, diaphoretic, hepatic, sialagogue

An herbal specific for sluggish circulation. Zanthoxylum americana is helpful in the treatment of blood pooling, varicose veins and varicose ulcers.

Muscular-Skeletal System Specific Herbs

1. Arnica spp.

Arnica

Actions include: Anti-inflammatory, vulnerary

Arnica is an herbal specific for traumatic injury. It is excellent for bruising, sprains, pulled muscles and ligaments, and swelling. It is also helpful for rheumatism.

NOTE: Tincture is used topically NOT internally. Do not use on broken skin.

2. Boswellia serrata

Frankinsence

Actions include: Anti-inflammatory, anti-fungal, analgesic, astringent
Boswellia is an excellent herb for osteo and rheumatoid arthritis, back injuries, and bone spurs. It is both an anti-inflammatory and pain reliever, and is effective in reliving joint and muscle pain.

3. Curcuma longa

Turmeric

Actions include: Anti-inflammatory, antiseptic, antioxidant, antineoplastic, cholagogue, stomachic, liver tonic

The powerful anti-inflammatory action of Curcuma longa makes it a very useful herb for the treatment of arthritis, wounds, sprains, joint inflammation, and inflammation of the muscles.

4.

Equisetum arvense

Horsetail/Shavegrass

Actions include: Astringent, duretic, vulnerary

The high silica content of this herb makes it useful in speeding the healing of bone fractures and in the maintenance of skeletal health. Useful in preventing and slowing the progression of osteoporosis.

5.

Harpagophytum procumbens Devil’s Claw

Actions include: Anti-inflammatory, anodyne

Used to treat some forms of arthritis. When it works, it works exceptionally well, but isn’t effective for all arthritis types.

6. Hypericum pefoliatum

St. John’s Wort

Actions include: Anti-inflammatory, astringent, vulnerary, sedative, analgesic An herbal specific for the treatment of sciatica and fibrositis. Useful in the treatment of rheumatism. The tincture may also be used topically to speed the healing of wounds, bruises, and varicose veins.

7. Menyanthes trifoliate

Bogbean

Actions include: Bitter, diuretic, cholagogue, lymphatic stimulant, anti-rheumatic, alterative, anti-inflammatory, hepatic, tonic

An herbal specific for the treatment of rheumatism, osteoarthritis, and rheumatoid arthritis.

8. Piscidia piscipula

Jamaican Dogwood

Actions include: Hypnotic, anodyne

Piscidia piscipula is a powerful pain reliever and can be used in the place of pain relieving drugs without the possible side effects that many pain relievers come with. It is non-addictive and is safe when the maximum dosage is not exceeded. (Do not take more than 4ml, 3 times per day, or a maximum of 12ml per day divided into smaller, more frequent doses)

9. Salix alba/nigra

Willow (White/Black)

Actions include: Anti-inflammatory, analgesic, astringent, vulnerary Salix is a natural form of aspirin. Particularly useful in easing lower back pain, bursitis, tendonitis, muscle cramping and pain, connective tissue inflammation, and rheumatic pains. An herbal specific for management

of rheumatoid arthritis.

10. Symphytum officinalis

Comfrey

Actions include: Vulnerary, demulcent,

astringent, expectorant, emollient,

pectoral, tonic

An herbal specific for varicose ulcers, and

excellent for speeding the healing of

bruising, swelling, sprains, broken bones,

pulled or torn muscles, tendons, or

ligaments, and for the repair of damaged

joints.

Gastrointestinal System Specific Herbs

1. Artemisia absinthium

Wormwood

Actions include: Digestive bitter, digestive tonic, carminative, antispasmodic, anthelmintic, anti-inflammatory, antimicrobial, stimulant, emmenagogue, hepatic, antineoplastic

A superior digestive bitter that stimulates bile production and appetite, and tones the stomach and gallbladder. Helpful for stomach cramps and as a gastrointestinal tract 42

anti-inflammatory. Artemisia absinthum is also very useful as an anti-parasitic, particularly for roundworms and pinworms.

2. Cassia angustifolia

Senna

Actions include: Laxative, purgative

Senna is a highly effective powerful laxative. Not for long term use.

3. Commiphora molmol

Myrrh

Actions include: Antiseptic, carminative, astringent, vulnerary, tonic An herbal specific for infections of the mouth and an excellent herb for inflammation and infection of the gastrointestinal tract.

4. Foeniculum officinalis

Fennel

Actions include: Carminative, antispasmodic, aromatic, galactogogue, expectorant, antiemetic, hepatic, diaphoretic

A soothing, antispasmodic digestive herb that stimulates digestion and is safe for all ages. Helpful in soothing infant colic and reliving flatulence.

5. Fragaria spp.

Strawberry Leaf

Actions include: Astringent, anti-inflammatory

An herbal specific for any inflammatory condition of the gastrointestinal tract. Highly effective in the treatment of diarrhea.

6. Glycyrrhiza glabra

Licorice

Actions include: Demulcent, anti-inflammatory,

expectorant, antispasmodic, emollient, pectoral, tonic A great choice for treating irritation of the

gastrointestinal tract and an herbal specific for duodenal ulcers.

7. Mentha piperita

Peppermint

Actions include: Carminative, antispasmodic, antiemetic, nervine, emmenagogue, rubefacient, analgesic, antimicrobial

One of the best herbal carminatives, Mentha piperita helps stimulate bile production, relieves colic and gas, and eases vomiting and nausea. It also is helpful in the treatment of both colitis and Crohn’s disease.

8. Plantago lanceolata

Plantain

Actions include: Demulcent, emollient, expectorant, astringent, diuretic, vulnerary 43

Plantago leaf tincture is very soothing and healing to the entire gastrointestinal tract. Its astringency is particularly helpful for diarrhea, hemorrhoids, and cystitis.

9. Ulmus rubra

Slippery Elm

Actions include: Demulcent, emollient, astringent, vulnerary Very soothing to inflamed tissues of the gastrointestinal tract. An herbal specific for IBS, infant colic, diverticulitis, gastritis, ulcers, colitis, and Crohn's disease. Both soothing and astringent for diarrheal conditions, helping heal the mucous membranes while absorbing toxins for elimination from the body.

10. Viburnum opulus

Crampbark

Actions include: Antispasmodic, nervine, astringent, emmenagogue, tonic Highly effective in treating colic and spasms of the digestive tract.

Endocrine System Specific Herbs

1. Avena sativa

Oat Tops

Actions include: Nervine tonic, nutritive, demulcent, vulnerary, antidepressant An herbal specific for nervous debility and nervous exhaustion. Avena sativa strengthens the nervous and endocrine systems,

reducing the effects of stress, balancing blood sugar levels, and increasing energy and stamina.

2. Borago officinalis

Borage

Actions include: Diaphoretic, anti-inflammatory, diuretic, emollient, galactogogue, expectorant, tonic Has a restorative effect on the adrenal cortex,

helping the body cope with stress. An excellent

glandular tonic for exhaustion caused by long-term heightened stress levels and to combat any resultant depression.

3. Buplerum falcatum

Chinese Thoroughwax

Actions include: Adrenal tonic, endocrine system tonic, adaptogen, anti-inflammatory, antiviral, hepatic

Helps improve energy levels by supporting and stimulating both adrenal and thyroid function. Acts as a liver tonic, helping with effective hormone breakdown and utilization.

4. Eleuthercoccus senticosus

Siberian Ginseng

Actions include: Adaptogen, vasodilator, circulatory stimulant 44

A balancing herb that helps the body deal with stress and overload and is safe for long-term use. Excellent for nervous exhaustion and depression and to help increase the body's resistance to physical and emotional stressors, including environmental toxicity.

A preferred herb for adrenal fatigue, diabetes, depression, and autoimmune diseases.

5. Fucus vesiculosus

Bladderwrack

Actions include: Alterative, thyroid stimulant, nutritive An herbal specific for underactive thyroid and goiter. Helpful for weight loss as it stimulates both metabolic rate and thyroid function. An excellent source of iodine.

Draws toxins from the body and protects against the effects of radiation exposure.

6. Galega officinalis

Goat’s Rue

Actions include: Diuretic, diaphoretic, galactogogue, hypoglycemic An herbal specific for blood sugar reduction. Highly effective in managing pre-diabetic conditions. It enhances the binding of insulin to membrane sits for increased glucose uptake by the cells, reducing imbalances in glucose metabolism and blood glucose concentration.

7. Lycopus europaeus

Bugleweed

Actions include: Astringent, sedative, peripheral vasoconstrictor, thyrocine antagonist, nervine, tonic

An herbal specific for hyperactive thyroid. Lycopus europaeus normalizes iodine levels while blocking secretions from the thyroid and decreasing serum TSH levels.

8. Trigonella foenum

Fenugreek

Actions include: Demulcent, tonic, galactogogue, emmenagogue, emollient, vulnerary Acts as a pancreatic tonic and helps normalize blood sugar levels. An excellent galactogogue that stimulates breast milk production. Helps lower elevated cholesterol and triglyceride levels, particularly in diabetics.

9. Verbena officinalis

Vervain

Actions include: Nervine and endocrine tonic, sedative, anti-spasmodic, diaphoretic, hepatic, analgesic, emmenagogue, pectoral

A superior general endocrine tonic that is particularly helpful in the treatment of adrenal exhaustion.

10. Withania somnifera

Ashwagandha

Actions include: Adaptogen, sedative, endocrine tonic, aphrodisiac An herbal specific for the treatment of nervous exhaustion, burn out, stress, and overwork. Relaxes and tones the endocrine and nervous systems. A great anti-45

inflammatory for autoimmune disorders with inflammation, including rheumatoid arthritis, fibromyalgia, and lupus.

Central Nervous System Specific Herbs

1. Centella asiatica

Gotu Kola

Actions include: Nervous system tonic, adaptogen, stimulant, hypotensive, immune and vascular tonic, anti-inflammatory, analgesic

A wonderful tonic for the improvement of energy levels, endurance, and memory. Acts on the adrenal gland to improve conditions including chronic fatigue syndrome, lupus, fibromyalgia, and high blood pressure.

2. Chamaemelum nobile

Chamomile

Action include: Antispasmodic, anti-inflammatory, analgesic, carminative, antiseptic, vulnerary, nervine, sedative, tonic

A safe and gently sedative, helpful with anxiety and insomnia.

3. Eschscholzia californica

California Poppy

Actions include: Sedative, hypnotic, anodyne, antispasmodic An excellent sedative and hypnotic for children who struggle with hyperactivity and inability to sleep. Relieves nervous tension and anxiety.

4. Humulus lupulus

Hops

Actions include: Analgysic, antiseptic, astringent, sedative, hypnotic, nervine An herbal specific for the treatment of insomnia. Helps ease tension, anxiety, and restlessness.

5. Melissa officinalis

Lemon Balm

Actions include: Carminative, antispasmodic, anti-depressive, diaphoretic, hypotensive, antiemetic, hepatic, nervine, nervous system tonic An herbal specific for anxiety and depression that also lowers blood pressure.

6. Passiflora incarnata

Passion Flower

Actions include: Sedative, nervine, antispasmodic, anodyne, hypnotic A fantastic sleep aid and antispasmodic, useful for epilepsy. Passiflora’s anodyne action eases nerve pain and is helpful for shingles pain.

7. Scutellaria lacteriflora

Skullcap

Actions include: Sedative, antispasmodic, analgesic, hypnotic, nervous system tonic An herbal specific for rejuvenation of the nervous system, for the relief of nervous tension, and for epilepsy and hysteria.

8. Stachys officinalis

Wood Betony

Actions include: Nervine, sedative, nervous system tonic Stachys officinalis nourishes and supports the central nervous system. It is exceptional for the relief of tension headaches, nervous debility, and anxiety.

9. Tanacetum parthenium

Feverfew

Actions include: Relaxant, anti-inflammatory

An herbal specific for migraine headaches. Helps relieve mild depression, dizziness and tinnitus.

10. Valeriana officinalis

Valerian

Actions include: Hypnotic, antispasmodic, nervine, hypotensive, sedative An herbal specific for insomnia. Valeriana is a relaxing nervine that can help ease tension, anxiety, hysteria, nervousness, irritability and excitability.

Integumentary System Specific Herbs

1. Aloe vera

Aloe

Actions include: Vulnerary, demulcent, hepatic

May be used internally to help rebuild skin after burns and wounds or infections that have damaged large areas of skin. Aloe helps deactivate viruses, including herpes simplex. Also commonly used topically for burns, insect bites, and skin irritation.

2. Arctium lappa

Burdock

Actions include: Alterative, vulnerary, diuretic, tonic A very useful herb for the treatment of dry and scaly skin conditions; an herbal specific for scaly psoriasis and eczema. Its alterative action helps balance the body, removing toxins, and aiding with conditions associated with systemic imbalance, including most skin conditions and fungal infections.

3. Calendula officinalis

Calendula/Pot Marigold

Actions include: Anti-inflammatory, astringent,

vulnerary, antimicrobial, tonic

An herbal specific for any inflammatory or fungal skin condition. Used topically, calendula is great for burns, cuts, scrapes, and other skin wounds, helping prevent infection and speed healing.

4. Galium aparine

Cleavers

Actions include: Alterative, anti-inflammatory, astringent, antineoplastic, hepatic, vulnerary

An herbal specific for lymphatic congestion, stimulating lymph flow and decreasing swelling of lymph nodes. Highly beneficial for many skin conditions, especially those where the skin is dry.

5. Oenothera biennis

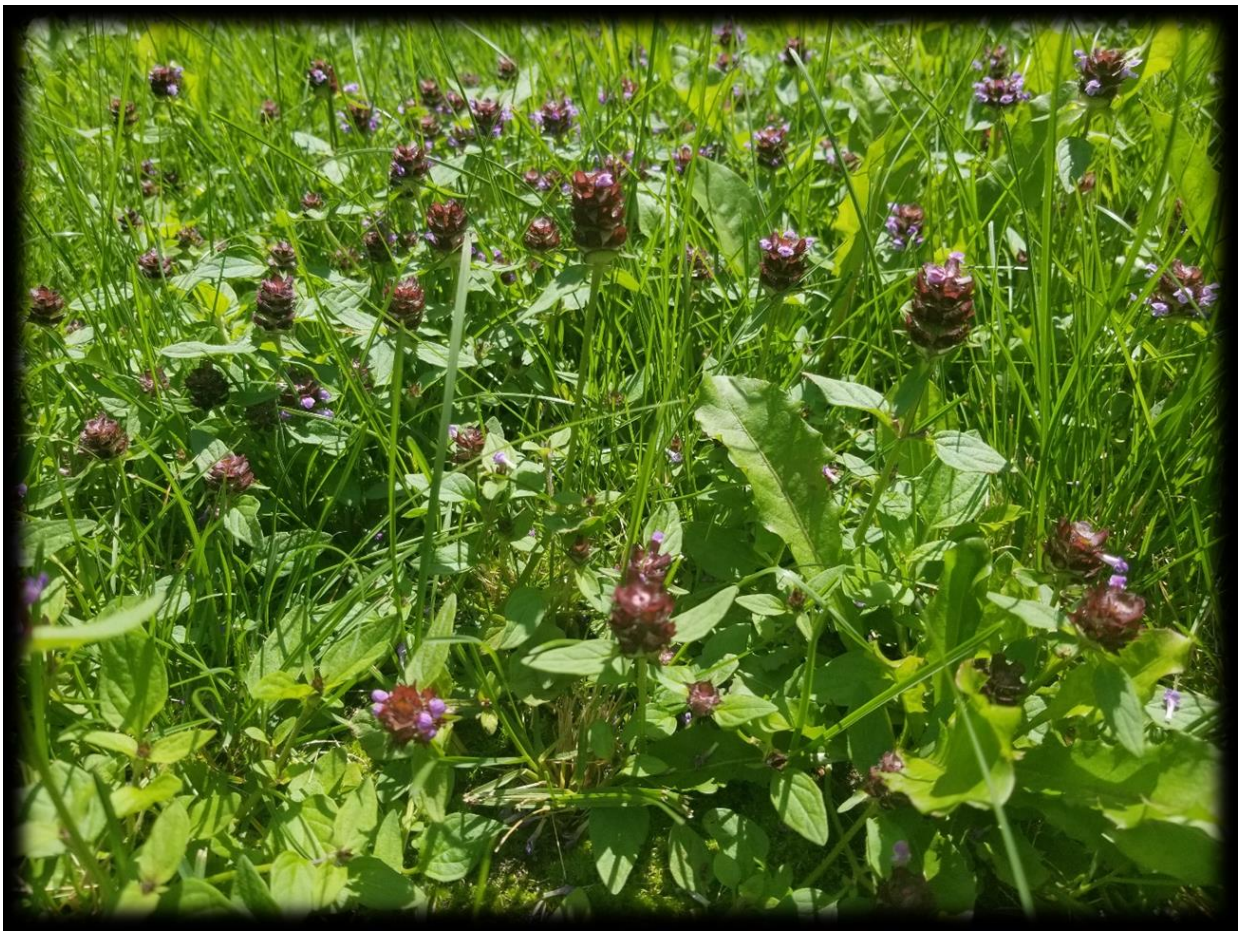
Evening Primrose

Actions include: Analgesic, laxative, liver stimulant A helpful cleansing herb that is rich in mucilage, helping ease dry, irritated skin conditions. Helps tone and strengthen skin.

6. Plantago spp.

Plantain

Actions include: Demulcent, astringent, vulnerary, emollient An herbal specific for acne. Very soothing to inflamed skin, helping remedy hot inflammatory conditions including rosacea, eczema, psoriasis, hives and other allergic skin reactions.



7. Prunella vulgaris

Self-Heal

Actions include: Astringent, vulnerary, tonic

An herbal specific for would healing and for healing herpes lesions of the skin and mucous membranes. Prunella vulgaris is also a good tonic, helping clear toxins from the body and helping relieve acne, boils, and toxin related skin rashes and conditions.

8. Rumex crispus

Yellow Dock

Actions include: Alterative, hepatic, tonic

Anherbal specific for acne and psoriasis. Acts as a blood cleanser, helping eliminate toxins from the body.

9. Stellaria media

Chickweed

Actions include: Vulnerary, antipruritic, emollient One of the best herbs for relief of itchy skin conditions. Stellaria is excellent for relief of the itching associated with eczema and psoriasis as well as most other inflammatory skin conditions. Soothing and cooling.

50

10. Trifolium pratense

Red Clover

Actions include: Alterative, nervine, sedative, tonic Herbal specific for skin problems in children and a great choice for childhood eczema.

Helps with the maintenance of healthy bones, skin, and arteries.

Urinary System Specific Herbs

1. Agropyron repens

Couchgrass

Actions include: Diuretic, demulcent, antimicrobial, antilithic, urinary tract tonic Soothes irritation and inflammation of the urinary tract. Very helpful in the treatment of urinary tract infections of all types. Also useful in the treatment of kidney stones.

2. Alchemilla arvensis

Parsley Piert

Actions include: Astringent, antilithic, demulcent, diuretic A potent diuretic that is highly beneficial for edema caused by kidney insufficiency.

Alchemilla arvensis is useful for cystitis, painful urination, and kidney and urinary stones, helping remedy reduced urinary flow caused by stones and gravel. (Note: Full urinary obstruction is a medical emergency and can cause rupture of the bladder. Seek medical attention immediately. Do NOT attempt home treatment.) 3. Epilobium parviflorum

Small Leaf Willow Herb

Actions include: Astringent, diuretic,

urinary tract antiseptic and tonic

An herbal specific for treating benign

prostatitis. The herb will help shrink the

tissues and restore normal urinary

function, offsetting the onset of more

serious disorders. It is also an excellent

urinary tract detoxifier, helping treat and

prevent urinary tract infections.

4. Eupatorium purpureum

Gravel Root

Actions include: Diuretic, antilithic, urinary tract tonic An herbal specific for kidney stones and gravel. Also useful in the treatment of urinary tract infections.

5. Houttuynia cordata

Chameleon Plant

Actions include: Astringent, antimicrobial

A broad spectrum antiviral and antibacterial that is very helpful in the treatment of urinary tract infections, especially those that are reoccurring or non-responsive to other treatments.

6. Hydrangea arborescens

Seven Barks

Actions include: Diuretic, antilithic, urinary tract tonic An herbal specific for enlargement of the prostate gland. Also useful in the treatment of urinary tract infections and stones.

7. Juniperus communis

Juniper

Actions include: Diuretic, antimicrobial, stimulant Juniperus is one of the best urinary tract antiseptics, killing a wide range of microbes that cause urinary tract infections. It is very potent and must be used at a ratio of 1 part

juniper berry to 9 parts demulcent herbs to prevent increased urinary tract irritation.

An herbal specific for treatment of chronic urinary tract infection, including infection of the kidneys, bladder, and urethera.

8. Taraxacum officinalis

Dandelion

Actions include: Diuretic, cholagogue, laxative, tonic, hepatic

A potent diuretic that is high in potassium.

Unlike with diuretic drugs, when potassium is

lost through increased urination caused by the

diuretic action, it is replaced in high enough

quantity that the body does not become

deficient in this vital mineral.

9. Uva Ursi

Bearberry

Actions include: Diuretic, urinary tract antiseptic, analgesic, anti-fungal, astringent An herbal specific for the treatment of urinary tract infections. Uva ursi flushes and tones the urinary tract, killing micro-organisms that cause infection and relieving pain associated with UTI’s.

10. Zea mays

Corn Silk

Actions include: Diuretic, demulcent, antilithic, anti-inflammatory, vulnerary, antiseptic, urinary tract tonic

Zea mays is a soothing diuretic, excellent for reducing pain associated with any irritation, inflammation, or infection of the urinary tract. Helpful for urinary incontinence, bedwetting and childhood renal issues. A safe diuretic during pregnancy that may also help reduce blood pressure.

52

Female Reproductive System Specific Herbs

1. Alchemilla mollis

Lady’s Mantle

Actions include: Astringent, diuretic, anti-inflammatory, emmenagogue, vulnerary Helps reduce menstrual pain and slows heavy bleeding but its balancing action on the female reproductive system will also stimulate scanty menstrual flow. Helps to stimulate contractions during childbirth.

2. Artemisia vulgaris

Mugwort

Actions include: Stimulant, nervine tonic, emmenagogue A specific to the female reproductive system and particularly useful for teenage girls and young women to regulate menstrual periods. Helpful in the stimulation of normal menstrual flow. Useful in easing nervous tension and reducing depression symptoms, including those associated with premenstrual syndrome. Artemisia vulgaris helps stimulate the liver, aiding in the proper processing of hormones.

3. Capsella bursa-pastoris

Shepherd’s Purse

Actions include: Uterine stimulant, diuretic, astringent, vulnerary An herbal specific for reducing heavy menstrual flow and decongesting the pelvis.

Useful during active labor to help prevent hemorrhage and to prevent uterine prolapse.

4. Caulophyllum thalictroides Blue Cohosh

Actions include: Uterine tonic, emmenagogue, antispasmodic, nervine, oxytocic, sedative

Tones and strengthens the uterus. Very useful to prevent miscarriage, ease false labor, and help facilitate labor and easy delivery. Tones the uterus and

helps prevent uterine prolapse. May be used to stimulate menstruation and to ease menstrual pain.

5. Cimicifuga racemosa

Black Cohosh

Actions include: Emmenagogue, antispasmodic, anti-inflammatory, sedative, alterative, nervine, female reproductive system tonic

Balances female hormones and the female reproductive system. Very helpful for menopausal symptoms, including hot flashes, debility and depression. A useful herb for easing reproductive system cramps, including menstrual cramps. Used during labor to stimulate uterine contractions and to ease fear and nervousness.

6. Cnicus benedictus

Blessed Thistle

Actions include: Astringent, emmenagogue, galactogogue, antibacterial A potent galactogogue that stimulates breast milk production and let down reflex and helps prevent mastitis. A liver tonic that helps with the processing and regulation of hormones and is useful in the treatment of many reproductive issues.

7. Dioscorea villosa

Wild Yam

Actions include: Antispasmodic, cholagogue, hepatic, anti-inflammatory An excellent herb for balancing hormone function and to ease menopausal and premenstrual syndrome. An herbal specific for dysmenorrhea and ovarian and uterine pain.

8. Rubus idaeus

Red Raspberry

Actions include: Astringent, refrigerant, galactogogue, emmenagogue, nutritive, alterative, hypotensive, female reproductive system tonic An herbal specific for pregnancy. Rubrus idaeus tones and strengthens the uterus, helps facilitate smooth labor, and reduces the likelihood of labor induced hemorrhage.

9. Viburnum opulus

Crampbark

Actions include: Antispasmodic, astringent, emmenagogue, nervine 54

An herbal specific for reducing or eliminating menstrual cramps and to reduce the risk of miscarriage. Viburnum opulus slows heavy menstrual bleeding.

10. Vitex agnus castus

Chasteberry

Actions include: Emmenagogue, hormone balancer, galactogogue, female reproductive system tonic

Vitex normalizes and balances female hormones and the female reproductive system. It helps reduce PMS symptoms and eases menstrual pain and can help reduce menopause symptoms as well.

Male Reproductive System Specific Herbs

1. Chlorophytum borivilianum Safed musli

Actions include: Male reproductive system tonic, aphrodisiac, anti-inflammatory, galactogogue

An herbal Viagra that improves libido and increases stamina. Helpful for premature ejaculation, impotence, and low sperm count, and as a tonic for the male reproductive system.

2. Epilobium augustifolia

Small Leaf Willow Herb

Actions include: Diuretic, anti-inflammatory, antimicrobial, astringent An excellent remedy for prostate, kidney, and bladder disorders and a good male reproductive system tonic.

3. Epimedium sagittatum

Horny Goat Weed

Actions include: Male reproductive system tonic, adaptogen, aphrodisiac, antibacterial, anti-inflammatory, vasodilator

A superior rejuvenating reproductive tonic that boosts libido, relieves fatigue, and treats impotence. Epimedium sagittatum kills the bacteria that cause gonorrhea, chlamydia, and herpes simplex, and, due to its testosterone like action, helps to fight against muscle wastage associated with the AIDS virus.

4. Panax spp.

Korean/American Ginseng

Actions include: Anti-depressive, adaptogen, antioxidant, hormone regulator, nervine, tonic, stimulant

Panax works as an aphrodisiac and can help erectile dysfunction that is caused by stress, debilitation, and depression. It is an invigorating tonic than improves vitality, increases sperm production and mobility, and enhances sexual performance.

5. Pygeum africanum

African Plum Tree

Actions include: Anti-inflammatory, hormone balancer, pelvic decongestant, diuretic An herbal specific for the male reproductive system, primarily used

for conditions such as prostatitis and benign prostatic hyperplasia.

6. Schisandra chinensis

Schisandra

Actions include: Adaptogen, male reproductive system stimulant, astringent, vulnerary This herb has a tonifying and stimulating effect on both the male and female reproductive systems, increasing the secretion of sexual fluids and improving overall sexual stamina.

7. Seronoa repens

Saw Palmetto

Actions include: Endocrine agent, male reproductive system tonic, diuretic, urinary tract antiseptic

An herbal specific for enlargement of the prostate gland and for benign prostatic hypertrophy. Seronoa repens increases male hormones and tones and strengthens the male reproductive system. It is useful for testicular atrophy, impotence, and reduced libido.

8. Smilax officinalis

Sarsaparilla

Actions include: Alterative, adaptogen, hormone balancer, demulcent, stimulant, antispasmodic, tonic

Smilax officinalis improves testosterone activity, helping with impotence and infertility and helping increase muscle bulk. Works to help prevent and treat premature balding.

9. Tribulus terrestris

Puncture Vine

Actions include: Diuretic, antilithic, anti-inflammatory, male reproductive system tonic and stimulant

Very useful for infertility as it increases sperm production and mobility and prolongs the duration of erections. Balances hormones and increases sexual desire. Boosts testosterone, improves muscle mass, and reduces inflammation.

10. Turnera diffusa

Damiana

Actions include: Anti-depressant, nervine and male reproductive system tonic, urinary antiseptic

Works as a tonic to the nervous and male reproductive systems. Turnera diffusa is excellent for erectile dysfunction and other reproductive system disorders that have emotional components as it helps relieve anxiety and depression while simultaneously improving sexual health and vitality.

Blending Single Herb Tinctures to Create Custom Formulas

Single herb tinctures are absolutely amazing and can be used as they are: One herb at a time.

Sometimes, however, you may wish to combine multiple single-herb tinctures into a formula to achieve a wider range of therapeutic benefits to treat a variety of symptoms at the same time.

For example, you may have a cold with a non-productive cough, muscle aches, and a headache.

While a single herb tincture such as elderberry would help, it does not have a pain-relieving action and is not an expectorant. In this case you could still use the elderberry tincture but add willow or Jamaican dogwood to relieve pain, and gumweed or marshmallow as an expectorant.

The combined herb formula would better address your needs and would be easier to use than three separate tinctures.

When making up an herbal formula the following ratios are recommended: Approximately ½ of the formula should be made up of herbs that strengthen the body system you are treating and are safe for long-term use. The remaining ½ of the formula can be comprised of mild stimulants and/or astringent herbs. Alternatively, you may wish to use ¾

strengthening or alterative herbs and ¼ stimulating herbs but only use the formula for 1-2

weeks before taking a break. Stimulating herbs are not for long-term use as they can cause stress to the body.

Pay close attention to the maximum daily dosage of each single-herb tincture. It is appropriate to use more of the tinctures with high daily dosage maximums and less of the single-herb tinctures with lower daily dosage maximums. For example, if you are mixing 100ml of tincture (a standard bottle size) you would want to add approximately 75ml of higher dose herbs such as oat tops, couch grass, fennel, chickweed, and crampbark, which all have 15ml/day dosage maximums. The remaining 25ml could be made up of lower dose herbs such as eucalyptus, myrrh, rhubarb, Jamaican dogwood, or thuja, which all have a maximum daily dosage of 5ml.

Low-dose botanicals can be added in minimal quantity. Assume a 100ml bottle to last for 1

week at maximum dosage (15ml/day). Do not exceed the weekly maximum dosage of any herb in the bottle to ensure safe dosage limits are observed.

The following formulas are only a few examples of a nearly endless number of tincture formula possibilities and are included as suggestions to get you started and help familiarize you with the art of tincture blending. You can make your custom formulas using whatever single-herb tinctures you prefer. This often depends on what herbs are available in your area and I do recommend using locally grown options where possible. Check the actions of the herbs that you have on hand to determine if they are appropriate for

your needs. Most formulas contain single-herb tinctures that can be interchanged with other single-herb tinctures that have the same or similar plant constituents and actions.

57

Multiple Herb Tincture Formulas

The following formulas are made up a mixture of multiple single herb tinctures and are designed to help with a range of symptoms. They provide a good base for any herbal medicine collection and you may want to keep some of them in your medicine cabinet to help remedy common illnesses and discomforts.

Tinctures for cleansing and balancing

The following cleansing tincture is wonderful for full body cleansing and rebalancing and may be taken for extended periods of time to support organ and body system function.

Cleansing Tonic Tincture Blend:

20ml Taraxacum officinalis herba

Dandelion Leaf

(Diuretic, tonic, nutritive)

20ml Taraxacum officinalis radix

Dandelion Root

(Alterative, hepatic)

20ml Berberis vularis

Barberry

(Bitter tonic, pancreatic)

20ml Silybum marianus

Milk Thistle

(Blood purifier, liver tonic)

10ml Valeriana officinalis

Valerian Root

(Nervine tonic, sedative)

10ml Astragalus membranaceous

Astragalus

(Deep immune stimulant)

Dosage: Take 4ml 3 times per day in a small amount of water

∞

This tincture helps balance the body systems, ease anxiety, and restore healthy bowel and urinary function. It is a good choice for those who are experiencing high levels of stress.

Safe or children and elders.

Note: You may wish to add children's doses to a hot liquid to evaporate the alcohol in the tincture. Allow to cool to room temperature before administering. Many children do not mind the flavor as it is quite tasty and not strong or bitter. If they do not like it, dilute in water or juice to make it more palatable.

Balancing Tonic Tincture Blend:

20ml Avena sativa

Oat Tops

(Nervine tonic, nutritive)

15ml Verbascum thapsus

Mullein

(Lymphatic, diuretic)

15ml Arctium lappa

Burdock

(Alterative, bitter, tonic)

15ml Trifolium pratense

Red Clover

(Blood cleanser, hormone balancing)

15ml Schisandra chinesis

Schisandra

(Deep immune tonic, alterative)

10ml Chamomilla nobile/recutia

Chamomile

(Nerve tonic, sedative)

10ml Silybum marianus

Milk Thistle (Hepatic, antioxidant, immune tonic) Dosage: Take 4ml 3 times per day in a small amount of water.

Tinctures for pain and inflammation Arthritis Tincture Blend:

20ml Tanacetum parthenium

Feverfew

(Analgesic)

15ml Filipendula rubra

Meadowsweet (Anti-inflammatory)

15ml Viola tricolor

Heartsease

(Anti-inflammatory)

15ml Boswellia

Frankincense (Anti-inflammatory; analgesic)

15ml Equisetum arvense

Horsetail

(Diuretic; Collagen tonic)

10ml Menyanthes trifoliate

Bogbean

(Alterative; Anti-inflammatory)

10ml Rosemarinus officinalis

Rosemary

(Circulatory stimulant)

Dosage: Take 3-5ml 3 times per day in a small amount of water

∞

General Pain Relief Tincture Blend:

20ml Salix spp.

Willow

(Analgesic, anodyne)

20ml Stachys officinalis

Wood Betony

(Nervine tonic, vulnerary)

20ml Eschscholzia californica

California Poppy

(Anodyne, sedative)

20ml Ajuga reptans

Bugle

(Anodyne, mild sedative)

20ml Filipendula ulmaria

Meadowsweet (Anti-inflammatory)

Dosage: Take 4ml in a small amount of warm water up to 4 times per day.

(OR, take 5ml up to 3 times per day if you find the higher, less frequent dosage is more effective)

WARNING: This tincture contains salicylates and works as a natural form of aspirin. The same warnings apply to this tincture as to aspirin. Do not use if

allergic to salicylates (aspirin). Do not use for children with viral illnesses. Do not use if pregnant or breast feeding.

Tinctures for skin problems

The following tincture is wonderful for both sudden onset and long-term dermatitis. It helps relieve itch and effectively alters many of the underlying causes of multiple types of dermatitis including rosacea, eczema, and psoriasis.

Irritated Skin Tincture Blend:

20ml Urtica dioica

Nettle

(Anti-histamine, anti-inflammatory)

20ml Stellaria spp.

Chickweed

(Anti-pruritic, alterative, anti-inflammatory)

20ml Trifolium pratense

Red Clover

(Antihistamine, alterative)

15ml Galium aparine

Cleavers

(Alterative, Lymphatic Stimulant)

15ml Arctium lappa

Burdock

(Alterative, anti-inflammatory, antifungal)

Dosage: Take 5ml 3 times per day in a small amount of water 59

No More Acne Tincture Blend:

20ml Trifolium pratense

Red Clover

(Hormone balancing, blood cleanser)

20ml Vitus angnus-castus

Chasteberry (Hormone balancing, diuretic)

20ml Tabebuia spp.

Pau d’arco

(Alterative, antimicrobial)

20ml Taraxacum off. radix

Dandelion Root (Tonic, laxative)

10ml Echinacea spp.

Echinacea

(Antimicrobial, alterative, tonic)

10ml Calendula off.

Calendula

(Anti-inflammatory, antimicrobial)

Dosage: 4-5ml 3 times per day in a small amount of water.

Take for one month (or until skin clears plus one additional week) and then for a month at a time as needed.

Tinctures for urinary tract issues

Urinary Tract Infection Tincture Blend:

25ml Zea Mays

Corn Silk

(Demulcent, diuretic, vulnerary, tonic)

25ml Althea officinalis

Marshmallow (Demulcent, antiseptic, anti-inflammatory) 20ml Agropyron repens

Couch Grass (Demulcent, antimicrobial, diuretic) 20ml Equisetum arvense

Horsetail

(Tonic, astringent, anti-inflammatory)

10ml Juniperus communis

Juniper Berry (Antimicrobial, diuretic, anti-inflammatory) Dosage: Take 5ml 3 times per day in a small amount of water

∞

Kidney and Bladder Stone Tincture Blend:

25ml Agropyron repens

Couch Grass

(Diuretic, demulcent, antimicrobial)

25ml Eupatorium purpureum Gravel Root

(Antilithic, diuretic, urinary tonic)

15ml Althea officinalis

Marshmallow Root (Demulcent, diuretic, vulnerary) 15ml Pelietaria diffusa

Pellitory of the Wall (Antilithic, astringent, nervine) 10ml Viburnum opulus

Crampbark

(Anti-spasmodic, nervine)

10ml Achillea millefolium

Yarrow

(Antiseptic, diuretic, tonic)

Dosage: 5ml 3 times per day for one month

Tinctures for the immune system

This Deep Immune stimulating tincture is a good choice for altering long-standing immune deficiencies and the course of auto-immune diseases.

Deep Immune Tincture Blend:

25ml Tabebuia spp.

Pau d’arco

(Antimicrobial, immuno-modulating)

20ml Galium aparine

Cleavers

(Lymphatic tonic, alterative, hepatic)

20ml Astragalus membranaceous

Astragalus

(Adaptogen, deep immune support)

15ml Trifolium pratense

Red Clover

(Hormone balancing, blood cleanser)

10ml Achillea millefolium

Yarrow

(Antimicrobial, immune tonic)

10ml Rosemarinus officinalis

Rosemary

(Antimicrobial, immune tonic)

Dosage: 5ml 3 times per day in a small amount of water

∞

The cold and flu tincture blend is excellent for easing symptoms including headache, body aches, fever, cough, sinus congestion, and sore throat. It also works to kill both bacteria and viruses. Can be added to hot liquid to help reduce fevers and ease sinus pressure more effectively.

Cold and Flu Tincture Blend:

20ml Trifolium pratense

Red Clover

(Blood cleanser, alterative, nutritive)

20ml Arctium lappa

Burdock

(Alterative, lymphatic cleanser)

20ml Piscidia erythrina

Jamaican Dogwood (Analgesic, antispasmodic, nervine) 10ml Achillea millefolium

Yarrow

(Antimicrobial, immune stimulant)

10ml Schisandra chinensis

Schisandra Berry

(Adaptogen, anti-inflammatory)

10ml Rosemarinus officinalis Rosemary

(Antimicrobial, anti-inflammatory)

10ml Grindelia squarrosa

Gumweed

(Expectorant, anti-spasmodic)

Dosage: Take 3-5ml 3 times per day in a small amount of warm or hot water Tinctures for endocrine system health

The following tincture is excellent for pre-diabetic conditions and may reduce blood sugar enough to allay the need for pharmaceutical medications.

**Can be used alongside many diabetes medications if monitored by a health care professional.

Always check with your doctor before taking any natural health product, especially if you take prescription medications or have a pre-existing medical condition.

Blood Sugar Tonic Tincture Blend:

40ml Berberis vulgaris

Barberry

(Bitter tonic, pancreatic)

20ml Galega officinalis

Goats Rue

(Pancreatic, hypoglycemic)

20ml Vaccinium spp.

Bilberry

(Glucose regulator, vascular protective)

10ml Arctium lappa

Burdock

(Alterative, tonic, vulnerary)

10ml Avena sativa

Oat Tops

(Glucose regulator, nerve tonic)

Dosage: 5ml 2-3 times per day in a small amount of water 61

Blood Pressure Reducing Tincture Blend: 30ml Crataegus spp.

Hawthorn

(Hypotensive, vascular tonic, diuretic)

20ml Tilia spp.

Linden

(Diuretic, vascular tonic, nervine)

20ml Viburnum opulus

Crampbark

(Anti-spasmodic, peripheral vasodilator)

15ml Apium graveolens

Celery Seed

(Diuretic, sedative)

15ml Rosemarinus off.

Rosemary

(Peripheral and central vasodilator)

Dosage: 5ml 3 times per day in a small amount of water Tinctures for the respiratory system

This smoking cessation tincture helps heal the lungs, clear toxins from the body, and ease anxiety and other emotional symptoms associated with quitting smoking.

Smoking Cessation Tincture Blend:

25ml Scutellaria lateriflora Skullcap

(Anti-anxiety, nervine tonic, sedative)

20ml Urtica dioica

Nettle

(Anti-inflammatory, alterative, nutritive)

15ml Arctium lappa

Burdock

(Alterative, digestive bitter, tonic)

15ml Galium aparine

Cleavers

(Anti-neoplastic, anti-inflammatory)

15ml Inula helenium

Elecampane (Expectorant, hepatic, tonic, vulnerary) 10ml Grindelia squarrosa

Gumweed

(Expectorant, antiseptic, anti-spasmodic)

Dosage: Take 3ml 4 times per day in a small amount of warm water.

∞

See also: Cold and Flu Tincture Blend. It is very useful for coughs.

Tinctures for digestive health

The following tincture is excellent for optimizing digestion and for killing parasites, including candida. It helps to remove toxins from the blood, lymph fluid, and organs.

Anti-Parasitic Tincture Blend:

25ml Artemisia absinthium

Wormwood (Anthelmintic, anti-inflammatory)

20ml Tabebuia spp.

Pau D’arco

(Antimicrobial, immune stimulant)

15ml Arctium lappa

Burdock

(Alterative, tonic, laxative, bitter)

15ml Galium aparine

Cleavers

(Lymph cleanser, alterative)

15ml Sylibum marianus

Milk Thistle (Liver support, antioxidant)

10ml Chamomilla nobile/recutita

Chamomile

(Nerve tonic, antispasmodic)

Dosage: Take 4ml 3 times per day, ½ hour before meals. Take for 10 days then take an herbal laxative for 2 days. Wait 5 days. Repeat the cycle twice more.

Final Notes

When undertaking any healing practice, it is important to remember that we are not just physical bodies, but emotional and spiritual beings also. Everything that effects our emotional and spiritual state will manifest in our physical body, and vice versa. Because of this, we must remember to care for our emotional and spiritual welfare and not simply treat our physical body. Meditation and prayer can help us identify sources of unrest and disharmony so that we can begin to address them or to accept them so that they no longer cause physical symptoms.

When making plant medicine, it is very important to always pray or meditate before each step of the process. Focus your intentions, aligning your energy with the powerful energies of nature. Ask for assistance with the work you are about to undertake and thank the Creator for blessing us with the medicines that grow all around us and that we are using.

Mediation and prayer are equally important before treating yourself or another person. Always meditate on the specific person and release any tensions you may be experiencing before attempting to create a treatment plan for them. When treating ourselves, remember that we already possess an innate knowledge of what it is that we need. It is possible to hold the various medicines we are considering for treatment and to feel their energies and how they resonate with us. I often ask people to look at, smell, and/or touch the herbs or herbal medicines that I am considering using for them and to choose the ones that they like best, without telling them what the medicines are or what their common purpose is. Children tend to be very receptive to this approach and the remedies that they select themselves are generally very effective. Animals, when left to roam through a medicine garden, also instinctively select the remedies that they need with no input from anyone. The spirit knows what the body needs.

Healers must remember to care for themselves first. Seek the support, encouragement, and love that you need to nourish your mind and spirit. Take care of your physical body. Establish boundaries to protect yourself from misuse, whether intentional or unintentional. Do not push yourself to perform beyond what you are comfortable with. Healers are often vulnerable to overextending themselves in the service of others. Remember: It is not possible to love anyone else more than you love yourself. Love yourself first. You were created perfect and are a part of the divine. Only when you

see yourself with eyes of love and embrace your divinity are you capable of reaching your healing potential and of extending your healing capacity to others.

I wish you joy, abundance, and much love as you engage with self, creation, and others.

Herbalism is so much more than physical healing and it is in the collective synchronicity of our minds, bodies, and spirits with the rest of the natural world that the magic of plant medicine lives.

63

About the Author

Amy Neels is a practicing Western herbalist and the founder of West Coast Wild Apothecary. She was a self-taught herbalist for over a decade before completing her formal Herbal Practitioners training in 2016. In addition, she holds a multidisciplinary degree in health policy, sociology, and philosophy.

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Document Outline

- The Healing Arts - Weight : Volume Tinctures
- Introduction
- Safety
- Ethics
- Herb Quality and Medicinal Potency
- Equipment
- Formulas and Step-By-Step Tincture Making
- Labeling and Storage
- Dosing Tinctures
- Dry Plant Tincture Ratios & Maximum Dosage Chart
- Latin Pharmacopeia Terms of Abbreviation
- Herbal Actions
- Plant Constituents and Solubility
- Top 10 Single Herb Tinctures by Body System *Immune System Specific Herbs
- *Respiratory System Specific Herbs
- *Cardiovascular System Specific Herbs
- Muscular-Skeletal System Specific Herbs
- *Gastrointestinal System Specific Herbs
- *Endocrine System Specific Herbs
- *Central Nervous System Specific Herbs
- *Integumentary System Specific Herbs
- *Urinary System Specific Herbs
- *Female Reproductive System Specific Herbs
- *Male Reproductive System Specific Herbs
- Blending Single Herb Tinctures to Create Custom Formulas
- Multiple Herb Tincture Formulas
- Untitled
- Final Notes
- About the Author